GOLDEN YEARS

Cookery Book

1946–1996

Northumberland Group

C.W.A.

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Our appreciation is extended to all who contributed hints and recipes to this book.

FOREWORD

It is with pleasure that the Northumberland Group of the Countrywomen's Association of New South Wales presents this Golden Years Cookery Book to commemorate the 50th anniversary of the formation of the Group. Our Association is proud of its heritage and the reputation we have gained in the culinary world. The decision to produce this Cookery Book has achieved a collection of recipes, old and new, tried and true and is typical of the friendship and co-operation that exists in our Association.

Sincerest appreciation is extended to the Committee in making the publication possible, with special mention of Mr Ted Nagel who spent many hours at his computer.

Margaret Christie

Northumberland Group President

19th September 1996

COMPILED BY NORTHUMBERLAND GROUP C.W.A.

Metric Conversion Table

Dry Ingredients

Avoirdupois	Metric
½ oz	15g
1 oz	30g
2 oz	60g
3 oz	90g
4 oz (¼ lb)	120g
5 oz	150g
6 oz	180g
7 oz	220g
8 oz (½ lb)	250g (0.25kg)
9 oz	280g
10 oz	315g
12 oz (¾ lb)	375g
16 oz (1 lb)	500g (0.5kg)

Temperature

Thermostat Setting °F	Thermostat Setting °C
275	140
300	150
325	160
350	180
375	190
400	200
425	220
450	230
475	250
500	260
525	270
550	290

Liquids

Imperial	Metric
	5ml (1 teasp.)
	20ml (tbsp.)
1 fl. oz	30ml
2 fl. oz (¼ cup)	60m. (¼ cup)
3 fl. oz	100ml
4 fl. oz (½ cup)	125ml (½ cup)
5 fl. oz (¼ pint)	150ml
6 fl. oz (¾ cup)	185ml (¾ cup)
8 fl. oz (1 cup)	250ml (1 cup)
10 fl. oz (½ pint)	315ml (1¼ cups)
12 fl. oz (1½ cups)	375ml (1½ cups)
16 fl. oz (2 cups)	500ml (2 cups)
20 fl. oz (1 pint)	625ml (2½ cups)

Cup & Spoon Sizes

CUP		SPOON	
Name	**Amount**	**Name**	**Amount**
1 cup	250ml	1 tablespoon	20ml
½ cup	125ml	1 teaspoon	5ml
⅓ cup	83.3ml	½ teaspoon	2.5ml
¼ cup	62.5ml	¼ teaspoon	1.25ml

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APPETISERS

TASTY DIP

4 oz margarine
4 oz cream cheese
2 gherkins (chopped)
2 tablespoons mayonnaise
1 teaspoon curry powder
2 small or 1 large pickled onions (chopped)

Cream margarine, cheese, mayonnaise and curry powder, then add gherkins and onion. Sprinkle with paprika. Serve with biscuits or corn chips.

DIP MIX

For tray of carrots and celery sticks etc.
Blend equal parts of corn relish and natural yoghurt.

CHEESE BALLS

4 oz margarine
6 oz self raising flour
6 oz grated tasty cheese
Pinch cayenne pepper and salt

Melt margarine and add to cheese and self raising flour. Roll into balls and dip in coconut. Cook in slow oven.

AVOCADO DIP

½ cup sour cream
1 avocado
½ cup natural yoghurt
lemon juice

Blend all together.

DAMPER DIP

1 damper (about 25cm)
1 Spanish onion
½ cup mayonnaise
250 g frozen spinach well drained
1 packet vegetable soup
1 carton sour cream

Blend all together. Cut top off damper - hollow out. Fill with mixture. Place top back on damper (after inserting a tartan ribbon and tying a bow for handle).Use the pieces of bread from centre of loaf to spread around base. (These are used for dipping).

PIZZA JALOPINI DIP

3 large avocados
1 tspn lemon juice
1 tin Jalopini Bean Mix
Diced tomato (lots)
2 cloves crushed garlic
2 tblspns mayonnaise
1 carton sour cream (Dairy Farmers)
Shredded cheese

Blend together avocados, garlic, juice and mayonnaise. On a shallow platter (approx. 30 cm) assemble as follows:-
Spread bean mix then cover with avocado mix. Then spread with sour cream. Sprinkle all over with tomato and top with shredded cheese. Serve with corn chips.

SOUPS

CREAM OF CARROT SOUP

2 oz butter or margarine
5 cups chicken stock
1 tspn salt
¼ cup cream
4 medium carrots (sliced)
1 onion (sliced)
Dash of pepper

Chicken stock may be made with chicken cubes. Melt butter in saucepan, add carrots and onions, cook gently until butter is absorbed. Add 2 cups of chicken stock. Reduce heat, cover, simmer 15 minutes. Rub through sieve or use electric blender. Add salt and pepper. Return to saucepan. Add remaining stock, when heated add cream.

CREAMY LETTUCE AND PEA SOUP

25 g butter
2 cloves garlic (crushed)
2 cups frozen peas
2 chicken stock cubes
1 large onion (finely chopped)
4 cups shredded lettuce
4 cups water

Melt butter in large saucepan, add onion and garlic and stir until onion is soft. Add remainder of ingredients then simmer - covered - for 10-15 minutes till lettuce is wilted. Blend soup in blender with ¼ cup skim milk powder. Return to saucepan, stir over heat till piping hot. Serve with chopped chives and croutons. Delicious!

NANNA'S CHICKEN SOUP

Chicken carcase
Packet chicken noodle soup
Chopped onion

Economical use of a cooked chicken carcase. Take the left-over remains of your chicken, without any seasoning, add chopped onion and cover with water Pressure cook for 15 minutes but longer if a saucepan is used. Place all contents in a colander and when cool remove all flesh from bones. Place stock, chicken flesh and onion in pressure cooker or saucepan again, add a packet of chicken noodle soup and pressure cook for a further 5 minutes, or ½ hour in a saucepan. Initial cooking time required is possibly an hour or so simmering. Delicious soup and most acceptable by all especially the convalescent.

CHUNKY CHICKEN SOUP

A meal in itself!

2 large onions (cut lengthways into 6 pieces each)
3 medium potatoes (peeled and cut into 1cm cubes)
½ cup celery (chopped into chunky pieces)
250 g frozen broad beans or green peas
750 g skinless chicken breasts cut into 2 cm cubes
4 cups salt reduced chicken stock
400 g tomatoes peeled and cut into 2 cm cubes
1 tblspn chopped fresh marjoram or 1 tspn dried marjoram
½ tspn coarse ground black pepper
1 tblspn parsley

In a heavy based pan, combine chicken stock and tomatoes, bring to boil, add chicken, potatoes, onions, celery, marjoram and pepper. Allow to boil, reduce heat, cover pan, simmer for 10 minutes. Add beans or peas, return to boil then simmer another 10 minutes. Ladle into bowls, garnish with parsley, serves 4. Delicious!

TUNA CHOWDER

1 tin Campbell's Cream of Mushroom soup
1 tin Campbell's Asparagus soup
Mix together with
1 cup cream
¼ cup sherry
Small can flaked tuna (in brine)
1 tblspn parsley
1 cup milk
Small can corn kernels (with liquid)
Pepper and salt to taste

Stir well. Heat until hot. ***Don't boil.***

CELERY SOUP

2 large sticks celery (about 24" each chopped)
½ cup chopped shallots
1 small carrot
2 chicken stock cubes
3 cups water (approx 800 ml)
2 tblspns dried onion flakes
2 tblspns brown rice
Small clove garlic - crushed.
Pinch dried mixed herbs

Combine all ingredients and simmer with lid on until tender.

POTATO SOUP

4 cups chicken stock (cubes can be used)

750 g potatoes, peeled
3 bay leaves
1 cup skim milk powder
1 medium onion sliced
1 tspn mixed dried herbs
1 tblspn chopped parsley, mint or chives

Combine stock, potatoes, onion, bay leaves and dried herbs in large saucepan, bring to boil, cover and simmer for 15-20 minutes or until tender. Remove bay leaves. Blend soup with skim milk powder and nutmeg until smooth. Return to saucepan, heat, stirring constantly. Take care not to burn when it splutters. Serve topped with parsley, mint or chives. If preferred, stock, potatoes and onion can be put through blender for creamier soup. Otherwise this soup is a chunky type.

LUNCHEON DISHES

QUICHE MAGNIFIQUE

Pkt Maggi savoury onion soup
1 cup milk
Pie crust (8" uncooked
1 cup cream
3 eggs

Combine ingredients, beat well, pour into crust. Bake in hot oven (400°F, 200°C) for 10 minutes. Reduce heat to moderate (350°F, 180°C) for 20 minutes.

CRUSTLESS SPINACH QUICHE

Bunch silver beet
½ cup Ricotta cheese
3 rashers lean bacon
3 green chopped shallots
1 tblspn chopped parsley
2 eggs
½ cup grated low fat cheese
¼ cup grated fresh Parmesan cheese
½ cup self raising flour
¼ tspn ground nutmeg
½ cup skim milk

Steam or cook spinach until tender. Drain, cool and squeeze as much liquid as possible. Chop finely. Combine spinach, cheeses, sifted flour, nutmeg, shallots, parsley, milk and eggs in medium bowl and mix well. Spread mixture evenly into lightly greased 20 cm pie dish and bake in moderate oven about 30 minutes or until set.

IMPOSSIBLE QUICHE

3 eggs well beaten
1 cup milk
Salt & pepper to taste
½ cup self raising flour
2 oz (60 g) melted butter

Combine all ingredients. Mix well and pour into deep 9" (23 cm) greased pie dish. Add 2 bacon rashers trimmed of fat and small chopped onion. Sprinkle cup grated cheese. Bake ½ to 1 hour in moderate oven until set and browned. Size and shape of dish affect cooking time.
Variation Substitute small tin salmon or tuna for bacon. These mixtures will make 4 or 5 single serves if cook in greased ramekins - time of cooking being slightly reduced.

VONNIE'S PICNIC QUICHE

Medium egg plant peeled & diced
2 tblspns oil
1 tspn ground bay leaves
4 oz (125 g) chopped ham
½ cup cream
1 tblspn chopped parsley
1 tblspn butter
Salt & seasoned pepper
1 medium chopped onion
2 large tomatoes peeled & chopped
2 beaten eggs
2 tblspns grated cheddar cheese
9" pastry case

Place egg plant in bowl, sprinkle with salt and set aside for 30 minutes. Rinse under running water, drain and pat dry. Heat oil in pan, add egg plant cook stirring until tender, then remove and place in bowl. Add juices and onion to pan and cook until transparent. Stir in salt, pepper, bay leaves and tomatoes. Cool until mixture is thick, stirring often, then add to egg plant with ham. Beat eggs and cream together, add cheese and parsley and fold into egg plant mixture. Put mixture into pastry case, dot with butter and cook in moderate oven for 30-35 minutes until set.

SCRAMBLED EGGS FOR ONE
(Microwave recipe)

Use the traditional recipe allowing 1 tblspn milk for each egg beaten with egg whisk or fork. Place in microwave bowl or jug and cook on high allowing 45 seconds or 1 minute on HIGH for each egg - dependent on wattage of microwave. Stir with spatula which can be left in jug half way through cooking. Fluff up when eggs have reached desired consistency. Add salt, pepper, parsley etc before serving.

VEGETABLE SLICE

1 tblspn oil
4 chopped bacon rashers
1 large sliced carrot
1 cup self raising flour
5 large lightly beaten eggs
Fresh herbs to garnish
1 large chopped onion
2 large grated zucchinis
75 g sliced mushrooms
½ cup extra oil
1 cup grated tasty cheese

Lightly grease 23 cm square slab pan, line base with greaseproof paper and grease. Heat oil in frying pan, add onion and bacon, cook until onion is soft. Combine onion mixture in bowl with zucchini, carrot, mushrooms, sifted flour, extra oil, eggs and cheese. Mix well and press into prepared pan. Cook in moderate oven, 180°C or 375°F, for approximately 30-40 minutes, or until golden brown. Slice and serve with a salad. Garnish with fresh herbs if desired.

SAVOURY STUFFED PEACHES

450 g tin peach halves
110 g tin tuna, crab, prawns or salmon
150 g sour cream
Gherkins, stuffed olives (sliced), salt and pepper, lettuce, parsley, chives

Drain peaches and place with cut side up on absorbent paper. Make filling, flake tuna (or other), beat cream until smooth and fold in tuna, gherkins, chives, olives. Season to taste. Divide between peaches. Top with parsley and place on lettuce leaves.

CHEESE AND BACON LOAF

8 oz (250 g) self raising flour
3 level tspns mustard powder
¼ tspn pepper
4 rashers bacon (trimmed & chopped
¼ pint (150ml) milk
1 level tspn baking powder
¼ tspn salt
2 oz (60 g) marg
1 egg
4 oz (125 g) grated Cheddar cheese

Grease large loaf tin, line base. Set oven to moderate/hot, 400°F 200°C. Place all ingredients (reserving 1oz (30gm) grated cheese for topping) in mixing bowl. Beat with wooden spoon until mixed. Turn mixture into loaf tin and sprinkle with remainder of flaked cheese. Bake in centre of oven for 40-45 minutes or until cooked. Cool in tin for 5-10 minutes before turning out to cool completely. Serve sliced with butter.

SAFFRON RICE

1 cup raw rice
1 large finely chopped onion
6 peppercorns
2 level tspns salt
½ level tspn saffron oil
1 clove crushed garlic
2 cloves

Wash rice thoroughly, cook rice and saffron in boiling salted water till just tender - 9-10 minutes. Drain, spread to dry. Sauté onion and garlic in oil, add rice, peppercorns, cloves and salt. Combine well, fry 5-6 minutes. For extra flavour add peas, finely chopped celery and capsicum. Serves 6.

FRIED GREEN TOMATOES

1½ cups cornmeal
1 tspn sugar
¼ cup oil for frying
½ cup plain flour
3 lb (1½ kg) large thickly sliced green tomatoes
Salt and pepper to taste

Dip tomatoes in mixed dry ingredients and fry. Drain on paper before serving.

FRITTATA
(Open Omelette)

For each person use
Small amounts leftover cooked meat (chopped) and/or rice.
Small amounts mixed vegetables, (chopped finely).
2 eggs (beaten) Oil for greasing pan

Turn on grill. Place small amount oil in omelette pan and heat to coat pan. Add mixed vegetables and brown over medium heat. Do not burn. Add cooked meat and stir to heat through. Add beaten eggs and cook until partly set, making sure all ingredients are covered. Transfer to under grill and cook until brown and fluffy.

MACARONI AND BACON AU GRATIN

2½ cups cooked macaroni
½ pint (300 ml) medium thickness white sauce
½ cup tomato purée
½ cup grated cheese
1 level tspn grated onion
1 level tblspn chopped parsley
2 diced tomatoes
4 rashers chopped bacon

Combine macaroni, white sauce, tomato purée, half the cheese, onion and parsley. Place in greased casserole dish. Arrange thickly sliced tomatoes and bacon on top of mixture. Sprinkle with balance of cheese. Bake in moderate oven, 350°F or 180°C for 20 minutes. Garnish with parsley.

CHEESE AND GHERKIN LOAF

8 oz (250 g) self raising flour
4 oz (125 g) grated tasty cheese
½ tspn salt
4 chopped gherkins
¼ tspn dry mustard
1 egg
Few grains cayenne
½ pint (300 ml) milk
2 oz (60 g) butter or marg

Sift flour and seasoning together into basin, then rub in butter. Add cheese and gherkins and mix to soft dough with beaten egg and milk. turn mixture into greased loaf tin and bake in moderately hot oven (375°F, 190-200°C)) for 40 minutes. Stand for 10 minutes then remove from tin and cool on wire rack. Slice and butter.

SALADS

POTATO SALAD, (IN AVOCADO DRESSING)

4 large potatoes (cooked & diced)
3 tblspns chopped chives

Dressing

2 Avocados, 2 tblspns fresh lemon juice, 2 tblspns fresh cream. Blend ingredients well until smooth. Gently toss through potatoes and chives. Chill and serve on lettuce. Delicious.

CARROT AND PINEAPPLE SALAD

1 lemon jelly
1 tblspn chopped mint
1 cup hot water
450 g tin crushed pineapple
1 tblspn vinegar
1 large carrot, grated

Dissolve jelly in cup hot water and add other ingredients. Refrigerate until set and required. May be prepared well ahead.

GREEN SALAD

1 tin pineapple pieces, drained
1 sliced cucumber
1 cup chopped celery
1 sliced green pepper

Mix in bowl and chill. Add 1½ tblspns French Dressing.

TOMATO AND ONION SALAD

Slice tomatoes and onions. Arrange on a flat plate. Sprinkle with chopped parsley to decorate. If any left over, can be cooked to serve with sausages, eggs etc.

CARROT SALAD

1 kg carrots
½ cup orange juice
¼ cup lemon juice
Pinch salt
1 tblspn orange rind
1 tblspn lemon rind
1 tblspn sugar

Peel and grate carrots, put in bowl. Add orange, lemon, sugar, salt. Mix well. Cover and refrigerate several hours or overnight. Will keep several days in refrigerator if kept covered tightly with cling wrap.

AMBROSIA

Two 100 g packets white marshmallows
2 tspns rum
300 ml cream
2 cans mandarin segments
1 medium can pineapple pieces
1 cup shredded coconut.

Sprinkle marshmallows with rum. Whip cream softly. Fold through mallows with well drained fruit and coconut. Cover bowl and refrigerate for a few hours before serving. Serves 8.

SPINACH SALAD

1 bunch spinach
1 packet honeyed peanuts
Sliced mushrooms
Chopped shallots
2 tblspns oil
2 tblspns Italian Dressing
1 tblspn vinegar
2-3 tblspns Soy Sauce
4 tblspns honey
Garlic

Remove white from spinach and finely shred leaves. Mix all ingredients and toss over spinach, sliced mushrooms and chopped shallots. Toss in peanuts and then make pigs of yourselves.

MUSHROOMS

1 finely chopped onion
3 tspns curry powder
½ cup mayonnaise
1 tblspn tomato sauce
375 g finely cut mushrooms
Lettuce
Flaked almonds

Place a little oil in frying pan and add chopped onion. Cook until clear and transparent. Add curry powder. When cold add mayonnaise and tomato sauce. Mix mushrooms into sauce. Place on bed of lettuce and sprinkle with flaked almonds.

POTATO AND SHALLOT SALAD IN SOUR CREAM DRESSING

4 large potatoes, cooked and diced
4 shallots, finely shopped
½ cup sour cream
1 garlic clove, crushed
1 tblspn white wine vinegar
1 tspn French mustard
Pepper to taste

Combine vegetables in a bowl. Mix ingredients thoroughly. Toss dressing through salad and chill before serving on lettuce leaves.

JELLIED BEETROOT SALAD

1 lemon jelly
½ cup beetroot juice
Pinch salt
½ cup diced green pepper
1 tspn finely chopped onion
1 cup boiling water
2 tblspns vinegar
½ cup diced celery
1 cup diced beetroot

Dissolve jelly in cup boiling water. Add beetroot juice, vinegar and salt. Cool until partially set. Add celery, green pepper, beetroot and onion. Pour into mould or Ring Tin, (spray mould with "Pure & Simple" first). Chill until firm.

4 BEAN SALAD MIX

1 large can drained 4 bean mix
¼ cup white vinegar
1 tblspn sunflower oil
Plenty finely chopped mint
½ red capsicum, chopped
¼ cup sugar
1 small onion, chopped

Mix well the oil, vinegar and sugar then the onion, capsicum, drained beans and chopped mint in that order. Best made the day before as the mint comes through much nicer.

CURRIED FRUITY RICE SALAD

1 cup brown rice
¼ cup vegetable oil
2 tspns curry powder
1 red Spanish onion, sliced
100 g baby mushrooms
2 tblspns chopped dates
1 small red pepper, sliced
1 tblspn coriander
¾ cup frozen peas
2 tblspns vinegar

Boil rice, rinse and drain. Heat 1 tablespoon of oil in pan, add curry, cool. Combine rice, mushrooms (sliced), onion, dates, pepper, coriander and peas in bowl. Stir in combined vinegar, remaining oil and curry mixture. Cover, refrigerate 2 hours.

CUCUMBER IN LIME JELLY

4 green lime jellies
1¼ cups cider vinegar
1 tblspn caster sugar
3 large diced cucumbers

Dissolve jelly in 3½ cups boiling water. Add caster sugar and vinegar. Refrigerate. When jelly begins to set, fold in diced cucumber and return to fridge to set. Add capsicum if colour required.

VEGETABLE VINAIGRETTES

¾ cup salad oil
1 tspn sugar
¼ tspn tabasco
2 tblspns chopped parsley
250 g sliced mushrooms
1 can drained artichoke hearts
¼ cup tarragon vinegar
1 tspn salt
1 tblspn fresh dill
1 tblspn chopped chives
2 cups cauliflower flowerets
400 g can green beans, drained, or fresh green beans lightly cooked

Combine oil, vinegar, sugar, salt, tabasco, dill, parsley and chives mixed until thoroughly blended. Pour over vegetables and marinate in refrigerator for at least 3 hours.
This dish improves with age and will keep for several days in refrigerator.

MAIN COURSES

BEEF

BEEF LOAF

500 g minced steak
½ cup grated carrot
½ cup evaporated milk
1 teaspoon salt
¼ teaspoon thyme
Cheddar cheese triangles
1 medium onion, grated
1 cup soft breadcrumbs
1 egg, lightly beaten
¼ teaspoon cayenne pepper
¼ teaspoon marjoram
Slices of tomato

Put meat into bowl with onion, carrot and breadcrumbs. Stir the evaporated milk into egg and add to meat. Season with salt, pepper, thyme and marjoram, mixing well. Turn mixture into greased loaf tin and bake in moderate oven 45 minutes. Remove and leave to stand 5 minutes, then pour fat from tin. Turn out onto oven tray and arrange cheese and tomato on top. Return to oven for 15 minutes.

BARBECUED MEATBALLS

450 g good quality mince
¼ cup powdered milk
¾ cup Coca Cola
½ cup green peppers, chopped
½ teaspoon black pepper
1 cup breadcrumbs
1 cup tomato sauce
½ cup onions, chopped
1 teaspoon salt
1 tablespoon Worcestershire Sauce

Mix meat and breadcrumbs and make into balls. Place in baking dish. Make a sauce from remaining ingredients. Pour sauce over meatballs. Bake uncovered at 165°C 1 hour.

QUICK AND EASY CURRY

2 lb round steak
2 carrots
2 tblspns flour
1 dstspn curry
Salt
1 onion
Celery
1 tblspn golden syrup
Tin tomato soup

Blend flour, golden syrup, curry, salt, soup. Add all other ingredients. Simmer until tender. If no tomato soup add a tin of baked beans.

HAWAIIAN STEAK CASSEROLE

450 g can pineapple pieces
2 lb blade steak
3 tblspns flour
½ tspn salt
½ tspn pepper
2 tspns mustard
¼ tspn nutmeg
1 large onion
2 tblspns fat or oil
2 tblspns vinegar
2 cups stock

Cut steak into 2" pieces. Mix flour, salt, pepper, mustard, nutmeg and coat meat with mixture and fry onion & meat. Add remainder of flour. Make gravy, put pineapple and meat into casserole dish and pour over gravy. Cook in a moderate oven about 2 hours. Serve with vegetables.

SPAGHETTI BOLOGNAISE

1 onion
2 cloves garlic
Oil and marg, 2 tblspns each.
8 oz (250 g) minced steak
Pinch herbs
Salt and pepper
8 oz (250 g) spaghetti
1 tblspn red wine
1 small can tomato purée
1 cup water

Chop onion and garlic, fry till golden brown. Add minced steak, fry for a few minutes. Drain off oil. Add tomato purée and water. Stir well. Add salt, pepper, herbs, wine. Simmer 40 minutes. 20 minutes before meat sauce is ready, boil spaghetti for 20 minutes in large saucepan of salted water. Drain with colander and serve with grated cheese on top.

MINCE AND SPAGHETTI CASSEROLE

500 g best mince
1 small onion
Parsley
1 small tin cream corn
240 g can spaghetti
1 tblspn tomato sauce
Grated cheese
1 cup mashed potato
1 tblspn green pepper, optional
Salt and pepper
1 small tin corn kernels
1 tblspn Worcestershire Sauce
Fresh breadcrumbs
Butter or margarine

Combine mince, potato, onion, capsicum. In basin combine 2 tins corn, spaghetti, 2 sauces and a little water. In casserole dish put one layer of meat mixture then spaghetti mix alternately, finishing with meat. Cover with fresh bread crumbs, cheese, and dot with marg. Bake at 300° for 1½ hours. Serve with chips, peas, grilled tomato & bacon rolls, carrots.

SHEPHERDESS' PIE

8 oz (250 g) potatoes
½ teaspoon salt
1 medium onion
Crushed rosemary
8 oz (250 g) cooked mashed carrots
1 lb (500 g) minced lean beef
1 small can tomatoes
1 beef steak cube
Salt and black pepper

Cook potatoes, add salt while cooking. Drain and mash. Fry beef and onion briskly. Pour off excess fat. Add can of tomatoes, stock cube, rosemary and seasoning. Mix potatoes and carrot, season well with black pepper. Place meat in deep pie dish and cover with potato and carrot mixture. Fork top to give a thatched look. Cook at 350°F, 180°C, gas mark 4, for 30 minutes. Serves 4.

POTATO TOPPED MINCE PIE (Microwave)

500 g minced steak
2 tspns soya sauce
1 egg
¼ cup chutney
½ cup milk
1 cup boiling water
30 g melted butter
2 chopped green shallots, or chives
½ tspn dry mustard
¼ cup tomato sauce
1 tblspn curry powder
125 g packet dried potato flakes
½ cup milk
Chopped parsley

Combine mince with shallots, soy sauce, mustard, egg, tomato sauce, chutney, curry powder, milk and ¾ cup potato flakes, mix well. Place firmly into pie plate (base about 18 cm), cook on HIGH 10 minutes. Combine remaining dried potato with remaining ingredients. Spread over mince mixture, reheat on HIGH 2 to 4 minutes.

BEEF CASSEROLE

¼ cup oil
3 roughly chopped onions
Seasoned flour
¼ cup brown vinegar
1 clove crushed garlic
1 kg cubed chuck steak
2 cups beef stock
¼ cup plum jam
½ tspn chilli sauce or ¾ tspn tobasco sauce
Salt and pepper, flour for thickening, chopped parsley

Sauté onion and garlic in oil, then remove. Toss steak in seasoned flour, brown well in oil. Extra oil may be needed. Return garlic and onion to pan, add stock, vinegar, jam and chilli or tabasco sauce. Cover and simmer about 2 hours till meat is tender. Adjust seasoning to taste. Thicken with flour if necessary. Serve over noodles, sprinkle with parsley, or serve with vegetables. Serves 6.

MUM'S BRAISED STEAK & ONIONS

2 kg blade steak
4 cups cold water
Pepper and salt
4 medium onions
½ cup Worcestershire sauce
2 cups plain flour

Trim all fat from meat and cut to size required. Roll in flour, add salt and pepper to taste. Place meat in baking dish, add Worcestershire sauce and cold water. Slice onions and lay into side of dish and on top of meat. Cover and bake at 350° for 1 hour or until meat is tender. Serve with sprouts, carrots and small potatoes, or other vegetables such as pumpkin, broccoli and rice.

CHRIS'S RECIPE

500 g fine mince
4 sticks celery
½ small cauliflower, or vegetables of choice
Salt and pepper to taste
½ red and green capsicum
Spring onions, or onions, to flavour.

Place mince in saucepan and allow to gently simmer. Chop all vegetables finely and add to saucepan of mince. Simmer another 7 minutes and when cooked serve with steaming hot rice.

PORK

LIME & HERB RACK OF PORK

Rack of rib loin pork (4-5 ribs)
1 tblspn chopped fresh sage
1 tblspn chopped fresh parsley
¼ cup olive oil
¼ cup fresh lime or lemon juice
½ cup chicken stock
1 tblspn vinegar
2 tblspns honey
3 tblspns sherry
Cracked black pepper

Combine sage, parsley, oil, lime juice, season with pepper. Rub marinade into rind side of rack then marinate for 1 hour. Elevate pork on rack and place in baking dish. Bake on top shelf of oven at 180°C for 1 to 1½ hours. Baste with your marinade during cooking. Stand for 10 minutes before carving. Drain excess fat from pan and place onto hot plate. to pan add chicken stock, vinegar, honey and sherry. Stir and reduce by half. Serve with pork cutlet.
Serve with steamed potatoes, beans and stir fried mixed vegetables.

PORK & VEGETABLE STIR FRY

500 g lean pork schnitzel
2 tblspns TRIDENT sweet chilli & ginger sauce
TRIDENT Chinese mixed vegetables, drained
3 tblspns oil
1 onion (cut into eighths)
150 g small broccoli pieces
2 tblspns TRIDENT oyster sauce
½ cup stock (optional)
2 tspns cornflour (optional)

Cut pork into strips, add chilli sauce, allow to marinate 1-2 hours. Heat 2 tblspns oil. Cook pork in batches. Remove. Heat remaining oil and sauté onion, add Chinese vegetables and broccoli, cook 3-4 minutes. Add pork and oyster sauce to wok, combine and heat through. Thicken with cornflour if required.

PORK MEATBALLS ITALIANO

500 g lean pork mince
¼ cup fresh breadcrumbs
¼ cup Parmesan cheese
Heaped tspn Italian mixed herbs
Salt and pepper

Mix all ingredients together and make small balls. Cook on GLAD bake paper turning frequently. Pork Meat Balls Italiano can be added to pasta sauce and then served with the spaghetti.

SWEET CHILLI PORK MEDALLIONS

4 lean pork Medallion steaks
2 tspns polyunsaturated oil
2 tblspns low salt soy sauce
3 shallots cut into pieces
1½ tblspns honey
2 tspns finely grated ginger
¼ tspn sesame oil
1 tspn sambal oelek or chilli sauce
1-2 cups (roughly) bok-choy
½ red capsicum seeded and sliced

Combine soy sauce, honey, ginger, sesame oil and sambal oelek, microwave 30 seconds on 100% to melt honey. Add pork and marinate for 1-2 hours, turn 3 times. Heat the oil in your frypan (medium-high heat), sear pork on both sides, reduce heat and cook 6-8 minutes turning occasionally, Remove. Add remaining marinade to frypan with prepared vegetables, cook 1-2 minutes. Serve with pork. Then serve with pasta and steamed yellow and green squash.

GINGER ALE SPARE RIBS

6 pork spare ribs
½ cup golden syrup
300 ml ginger ale
2 tblspns tomato sauce

Combine ginger ale, syrup and tomato sauce. Mix well. Marinate ribs for 1 hour turning a few times. Cook in frying pan, gradually adding the marinade. Simmer until cooked. Thicken with cornflour.

PORK & APPLE CASSEROLE

4 small pork chops
1 onion
2 large potatoes
½ cup tomato juice
1 dstspn gravy powder
8oz chopped veal steak
2 carrots
1 cup stock or water
Salt and pepper

Lightly fry pork in a little oil, remove and add veal steak, fry lightly and place in large casserole dish with pork chops. Brown chopped onion and carrot in oil and add to casserole. Cover with thickly sliced potatoes, season with salt and pepper, then add sliced peeled and cored apples. Mix stock or water and tomato juice and gravy powder. Pour over casserole. Cover and cook in moderate oven for 1½ hours. Serve with green veg.

SPICY PORK STIR FRY

1 kg lean pork leg steak
1 red diced capsicum
1 large chopped onion
2 sticks diced celery

Marinade

¼ cup light soy sauce
2 tblspns lemon juice
½ tspn chilli sauce (optional)
1 tblspn honey
2 crushed cloves garlic

Slice pork into strips. Combine marinade ingredients. Pour over pork, marinate for 2 hours or overnight. Heat a little oil in frying pan, add onion, celery and capsicum and sauté until slightly tender. Remove from pan. Add extra oil if necessary and stir fry pork 5 to 8 minutes. Toss often during cooking. Return vegetables to pan, heat through and serve.

IRISH STEW

1 kg (2 lb) lamb neck cops
3 large onions
1½ cups water
8 medium potatoes
salt, pepper
1 tblspn chopped parsley

Remove any excess fat from meat, do not remove bones. Peel potatoes, slice half of them and cut remainder into large even pieces. Arrange potato pieces in base of large casserole, then a layer of peeled, thickly-sliced onions on top. Arrange meat over evenly. Sprinkle with salt and pepper. add remaining onions, top with remaining sliced potatoes, add water and sprinkle with more salt and pepper. Cover with aluminium foil. Place lid on top. Cook in moderately slow oven, or in saucepan on top of stove, 2½ hours. Sprinkle with chopped parsley. Serve with boiled carrots, cooked separately. Serves 6.

LAMB WITH KIWI FRUIT

2 small lamb chops or steaks per person
½ slice bacon per chop
2 tspns cornflour
1 tblspn soy sauce
2 slices Kiwi fruit per chop
½ cup water

Trim all fat from meat (flatten slightly if necessary). Peel and slice Kiwi fruit. Trim bacon. Place 2 slices Kiwi fruit on each piece meat. Wrap around with bacon and secure with toothpicks.
Place in lightly greased baking dish with water and bake for 30 minutes at 200°C, basting occasionally. Place onto serving dish. Thicken pan juices with cornflour mixed with extra water. Add soy sauce and either pour over meat or serve separately.

MINT GLAZED RACKS OF LAMB

6 racks lamb (3 bones to each)
3 tblspns honey
Salt & freshly ground pepper
2 tblspns finely chopped mint

Trim and cover with foil to avoid burning. Season well and place on a rack in shallow baking dish. Bake 30 minutes at 200°C, lamb should still be pink inside. Mix honey and mint and spread over lamb. Return to oven for 10 minutes to set the glaze. Serves 6.

MARINATED LAMB WITH SULTANA SAUCE

1½ cups beer
10 peppercorns
2 loins lamb (6 chops per loin)
3 tblspns plain flour
½ tspn mixed herbs
½ cup sultanas
¼ cup slivered almonds
1 bay leaf
¼ tspn dry mustard
1 tblspn oil
½ tspn chilli sauce
1 cup water
300 g sour cream

Combine beer, bay leaf, peppercorns and mustard. Brush over lamb and marinate for 4-5 hours. Remove lamb, dry well and season with salt and pepper. Reserve marinade. Heat oil in baking dish, brown meat evenly then reduce to 180°C (350°F) and cook for 1 hour or until cooked to taste, basting with marinade 2 or 3 times. Remove lamb and drain off excess fat. Add flour, chilli sauce and herbs. Stir over low heat for 1 minute. Make remaining marinade up to 1 cup with water and add, stirring until it thickens. Just before serving add sultanas and sour cream. Reheat. Pour over lamb and sprinkle with almonds.

SWEET LAMB CURRY

Quick n'easy in the microwave!

750 g lamb chump, shoulder or forequarter chops
1½ tblspns seasoned flour
2 peeled & chopped green apples
3 tspns curry powder
1 cup beef stock
1 tblspn soy sauce
1 large chopped onion
1 tblspn butter
2 tblspns sultanas
1 tblspn brown sugar

Trim lamb and coat with seasoned flour. Place onion, apple and butter in large casserole dish and cook on HIGH for 4 minutes, stirring once. Add curry powder and cook on HIGH 2 minutes. Add chops to dish with sultanas. Mix stock with brown sugar and soy sauce, and pour over chops. Cover and microwave on MEDIUM (50% power) for 10 minutes, rearranging chops after first 5 minutes. Reduce to DEFROST (30% power) and cook for 40 minutes. Let curry stand covered for 5 minutes and serve with boiled rice and traditional curry accompaniments or with vegetables. Serves 4.

LAMB POT ROAST

1 small leg lamb
1 tblspn plain flour
Salt and pepper
1 oz butter
2 large bananas
2 tblspns chutney
1 tblspn Worcestershire sauce
1 tspn brown sugar
1 dessertspoon vinegar
2 tblspns tomato sauce
1 cup water

Rub flour into surface of meat, dust with salt and pepper. Brown joint slowly on all sides in hot butter in heavy saucepan. Drain off all but 1 tblspn fat. Add peeled and chopped bananas and remaining ingredients. Bring to boil, reduce heat and simmer for 2 hours or until tender, turning meat and basting every 20 minutes or so. Serves 4 to 6.

MOGHLAI RAAN
(Indian)

2 kg leg lamb
4 large onions
4 cloves garlic
2" fresh ginger root
1 tblspn coconut
1 tblspn ground almonds
2 tblspns turmeric
2 tspns chilli powder
Juice 1 lemon
½ carton yoghurt
2 tblspns tomato paste
4 cloves
Salt to taste
2 tspns ground coriander
2 tspns ground cumin seeds
2 tblspns sultanas

Trim fat from lamb. Insert cloves in shallow slashes. Blend all above ingredients except salt and sultanas. Spread mixture over meat and prick all over with fork. Leave to marinate overnight or at least 4 hours. Place in lightly greased roasting pan with marinade. Sprinkle with salt and sultanas. Roast in moderate oven (180°C) 2-3 hours depending on weight of lamb. Baste with marinade occasionally. Cover with foil to prevent burning.

FISH FILLETS IN OIL

Choose any of the following combinations

Few slices lemon
Black pepper
Few extra slices lemon
125-150 g fish fillets
Chopped parsley or chives

125-150 g fish fillets
1 tblspn toasted sesame seeds
1 tblspn dry white wine or sherry

125-150 g fish fillets lightly spread with polyunsaturated margarine
Crushed clove garlic
2 tspns fresh wholemeal breadcrumbs

Few slices tomato
Crushed clove garlic
Parsley
Chopped shallots
Ginger
125-150 g fish fillets
Sliced mushrooms
Black pepper
Soy sauce

125-150 g fish fillets
1 ring red capsicum
Crushed clove garlic
Leek or shallot greens cut into rings

Skin and bone fish if desired and arrange ingredients, in order given, on sheet of foil. Place under grill until cooked, turning fish and allowing about 5 minutes each side, or parcel up securely in foil, place on baking sheet and bake at 180°C for 12-15 minutes or until cooked. Serve with steamed potatoes and stir fry vegetables.

Microwave cooking instructions:

Follow recipe instructions using "Glad Bake" instead of foil. Microwave on HIGH (100%) power allowing about 1 minute, depending on quantity and thickness.

GARNISHED STEAMED PACIFIC COD FILLETS

4 fillets Pacific cod
Salt and pepper
2 carrots
Butter
Squeezed lemon juice
4 sticks celery

Arrange fish on buttered heat proof plate. Brush fillets with little melted butter and season with salt, pepper and lemon juice. Cover with foil and place on top of saucepan with boiling water. Steam for 10 minutes or until fish is white and opaque or flakes easily. Meanwhile cut carrots and celery into strips and steam for 3 minutes. Serve fish on hot plate and pour remaining juices from steaming over fish and garnish with steamed vegetables. Best served with a boiled potato.

TUNA SPAGHETTI

4oz uncooked spaghetti
1 tin tomato soup
Grated cheese
1 dstspn sugar
½ soup tin water
1 large tin tuna
1 onion
1 cup peas
1 tblspn vinegar
Oil for frying

Boil spaghetti in salted water for normal duration. Heat oil, fry onion, add peas and reduce heat. Blend tomato soup, water, sugar, vinegar. Mix drained tuna with onions and peas. Lastly blend in tomato mixture. Heat well, stirring frequently. Put in casserole dish and sprinkle cheese on top.

TUNA DELIGHT

1 large tin Australian tuna
1 large onion
1 tomato
Bread crumbs
1 packet French Onion soup
2 tblspns cream
1 tin corn kernels (optional)
Cheese (grated)

Drain tuna of liquid, place into ovenproof dish, slice onion, corn, tomato and place drained tuna evenly on top of onion. Mix French Onion soup with cup of water and pour over tuna and onion. Place sliced tomato on top of tuna and sprinkle breadcrumbs and grated cheese over top. Bake in hot oven for 30 minutes or until cheese golden brown. Pour cream over dish before serving with whole potato and carrot. Serve with salad when cold in summer season.

MACADAMIA FISH

½ cup butter
4 fish fillets
Pinch dried basil leaves
½ cup grated Parmesan or Romano cheese
½ cup chopped raw Macadamia nuts
Freshly ground black pepper

Spread half the butter on bottom of shallow baking dish then sprinkle with half the Parmesan or Romano. Pop fish fillets on top in one layer then dot with rest of butter. Sprinkle with rest of cheese, chopped macadamia nuts and dried basil leaves. Bake in oven at 200°C, basting occasionally, for 15 minutes. Serve with sauce spooned over fish and sprinkle with freshly ground black pepper.

VEAL

VEAL GOULASH

750 g diced veal
2 carrots
½ capsicum
1 medium onion
2 tblspns vegetable oil
2 tspns paprika
1 beef stock cube
Plain flour
Salt and pepper
3 tblspns sour cream
1½ cups water

Coat veal with seasoned flour. Heat oil in pan, brown onion. Add coated veal.. Brown together. Mix paprika with water to a paste. Add stock cube and veg. Mix around, bring to boil then simmer gently for an hour or so or until veal and vegetables are tender. Stir occasionally. When cooked take from heat. Add sour cream, stirring it in, then serve with vegetables etc.

MINTED VEAL CHOP CASSEROLE

6 veal chops
1 tblspn oil
Flour
1 carrot
2 tblspns flour, extra
1 chicken stock cube
1 tblspn chopped parsley
500 g (1 lb) tomatoes
Pinch sugar
60 g (2 oz) butter or substitute
½ cup dry white wine
1 onion
500 g (1 lb) potatoes
¾ cup water
1 tblspn tomato paste
1 tblspn chopped mint
1 clove garlic
Salt and pepper

Remove any fat or gristle from chops, coat chops in flour. Peel and chop onion, peel and chop carrot into small cubes, peel and chop potatoes into small cubes. Heat butter and oil in large pan, add chops, cook until golden brown both sides. Remove chops from pan, add onion, cook until tender. Stir in wine, cook until liquid is reduced by half. Mix in extra flour, cook 1 minute then add water, crumbled stock cube, peeled and chopped tomatoes, tomato paste, parsley, mint, crushed garlic, carrot and potatoes, sugar, salt and pepper. Stir until boiling. Place chops in casserole dish, pour sauce over, cover, bake in moderate oven 1¼ hours or until chops are tender. Serves 4 to 6.

VEAL SCALLOPINO ITALIAN

3 level tblspns plain flour
¾ tspns pepper
4 level tblspns butter or marg
2 medium onions
3 level tblspns brown sugar
1 level tspn mixed herbs
Parmesan or Tasty grated cheese
¾ tspns salt
2 lb steak or veal fillets
2 peeled cloves garlic
425 g (16oz) tomato purée
1 cup stock
¼ cup sherry if desired

Cut veal into 4" pieces, 1/4" thick. Place veal, flour, salt, pepper in plastic bag and tie the top and shake. Heat marg in a deep frying pan or saucepan and brown veal and onions. Remove veal and onions. Pour tomato purée into pan, add sugar, stock, herbs and simmer for 5 minutes. Return veal, cook slowly 30-40 minutes. Serve with noodles or spaghetti.

HAWAIIAN CHICKEN

1¼ kg chicken pieces
3 tblspns soy sauce
1 tblspn white vinegar
½ tspn ground ginger
½ cup pineapple juice
1 tblspn Worcestershire sauce
1 clove crushed garlic
1 tblspns brown sugar

Place chicken pieces in shallow dish, combine remaining ingredients, pour over chicken. Refrigerate several hours, turning chicken at least once. Place thickest pieces at edge of dish for even cooking. Cook on HIGH covered 20-25 minutes or until ready, turn chicken twice during cooking. When cooked cover and stand 5 minutes. Serve with rice or vegetables.

CHICKEN STIR FRY

500 g chicken fillets skinned & thinly sliced
1 red pepper
350 g small pieces broccoli
2 small chopped zucchinis
1 chopped carrot
2 tspns cornflour blended with 1 tblspn water
2 tspns fresh grated ginger
1 tblspn honey
2 tspns polyunsaturated oil
2 tblspns reduced salt soy sauce
1 tblspn sweet chilli sauce
1 tblspn hoisin sauce

Heat oil in pan or wok and cook chicken for 3-4 minutes until tender. Remove and set aside. Add red pepper, broccoli, zucchini, and carrot to pan and stir fry for 2-3 minutes. Stir in cornflour mixture, ginger, honey, soy sauce, chilli sauce and hoisin sauce and cook over medium heat for 2-3 minutes or until sauce boils and thickens. Return chicken to pan and stir fry 2-3 minutes longer until heated through. Serves 4.

CHICKEN PINE NUTS
(With Fettucini)

3 diced chicken breasts
1 large diced onion
¾ cup fine nuts
Freshly ground pepper
Butter and oil
½ bunch finely chopped spinach
2 cloves crushed garlic
300 ml cream
Salt to taste
250 g fettucini

Sauté onion and garlic, brown pine nuts in butter and oil. Add all other ingredients to pan. Cover with lid and steam over low heat for about 10 minutes or until cooked. Pour over cooked fettucini.

CHICKEN WITH CREAMY MUSHROOM SAUCE

½ cup plain flour
½ level tspn salt, paprika and black pepper
3 full chicken breasts, halved
3 tblspns oil
1½ cups sliced celery
1 medium chopped onion
2 level tblspns chopped green capsicum and red
3 cups sliced mushrooms
1 cup sour cream
1 tblspn light soy sauce
1 level tblspn cornflour

Combine flour and seasonings, coat chicken. Heat oil, cook chicken till golden brown and tender. Remove and keep hot. Add celery, onion and capsicum, sauté 5 minutes, add mushrooms, sauté a further 4-5 minutes. Combine remaining ingredients, add to vegetables, heat thoroughly. Spoon sauce over chicken, serve with tossed salad and noodles. Serves 6.

AUSTRALIAN BARBECUED CHICKEN

1·4kg chicken pieces
½ cup flour
2 tspns salt
½ cup oil
½ cup finely diced onion
½ cup finely diced celery
½ cup diced green pepper
1 cup tomato sauce
1 cup Coca Cola
2 tblspns Worcestershire sauce
½ tspn seasoned salt
½ tspn basil leaves
½ tspn chilli powder
1/8 tspn pepper

Rinse chicken pieces, pat dry. Mix flour and 2 tspns salt and coat the chicken. In a frypan heat the oil and brown the pieces on all sides. Place them in a large casserole dish and discard the drippings Combine the remaining ingredients, mixing well. Spoon the sauce over the chicken, covering all the pieces. Cover and bake at 180°C for about 75 minutes or until chicken is fork tender. If desired, serve chicken and sauce on hot cooked rice.

CHICKEN WITH LIME AND GINGER

4 half chicken breasts
Grated rind and juice of lime
1" piece finely chopped fresh root of ginger
1 crushed clove garlic
3 tblspns oil
2 tblspns soy sauce
Seasoning

Mix lime, ginger, garlic, oil and soy sauce in bowl. Add chicken and marinate in cool place for 4-12 hours. Preheat oven to "moderate". Place chicken in greased baking tin, season and bake for 30-35 minutes, turning once Use marinade to make sauce for accompaniment.

COOKING WITHOUT FAT - UNFRIED FRIED CHICKEN

3 double chicken breast fillets (skinless and boneless)
1½ cups self raising flour
¾ cup Masterfoods cajun spices
4 eggs (only 1 yolk)
¼ cup teriyaki sauce
Cracked black pepper
Rock salt to taste

Wash chicken and remove fat. Cut each half breast into 4 strips. Prepare a piece of greaseproof paper and empty flour, spices, salt and pepper and mix thoroughly. In a separate bowl whisk eggs and teriyaki sauce. Heat a large Teflon pan on HIGH until really hot. Roll each strip of chicken in flour mixture then dip in egg mixture, then back into flour mixture again. Place into the hot pan with lid on. After 5-7 minutes turn the strips (they should look greyish). Cook for a further 3-4 minutes. Remove lid and splash a little water over chicken so it starts to look golden and replace lid. It's important there are no "puddles" of water in pan. Keep turning and splashing until the golden colour comes through most of each strip. Cook for a further 2 minutes. This chicken can be eaten hot or cold. Tastes great dipped in home-made apple sauce or, if it's a "junk day", a little low fat sour cream.

CHICKEN WITH ASPARAGUS SAUCE

1 barbecue chicken cut into pieces , or 2 cups cooked chicken
30 g butter or marg
1 small chopped onion
1 tblspn flour
¾ cup water
½ cup milk
340 g can asparagus cuts
30 g grated cheese
1 tspn lemon juice
1 tblspn parsley
Pepper and salt

Heat butter in pan, add chopped onion. Add flour and cook 1 minute. Remove from heat, gradually add milk and water. Stir until smooth. Drain asparagus, add ¼ liquid to sauce. Return to heat, stir until sauce thickens, add cheese, lemon juice, parsley and asparagus. Season, add to chicken and heat through in casserole dish. Serve with rice or vegetables.

CHICKEN CASSEROLE

N° 14 chicken
¾ cup cooked rice
1½ cups diced celery
1 cup diced onion
Tin chicken soup and tin mushroom soup OR
1¾ tin mushroom/chicken soup

Steam chicken and cut into small pieces. Put in casserole and add all other ingredients. Top with breadcrumbs and marg mixed together. Sprinkle with almond slivers. Bake 45 minutes in moderate oven.

HONEY BAKED CHICKEN

10-12 chicken drumsticks or 15-16 chicken wings
1 pkt French onion soup mix
3 dstspns honey
¾ cup white wine

If using wings discard tips of wings. Place chicken in single layer in shallow oven or microwave dish. Combine other ingredients in a small jug and pour over chicken. Cover dish and cook in microwave on HIGH for 10 minutes. Remove cover and baste chicken with juices. Cook on 50% for 10 minutes, remove lid and cook another 7 minutes without cover. Serve hot or cold with rice and/or salad.
To cook in oven, bake at 175°C for 20 minutes, baste, cook with lid off for another 10-15 minutes till tender.

TANDORRI CHICKEN

4 half breasts chicken or 4 thighs
1 carton plain yoghurt
1 pkt Tandorri mixture (available at Health stores)
2 tblspns tomato paste
1 dstspn ground ginger
1 tspn salt
1 dstspn sugar

Mix all together and marinade chicken pieces for 4 hours. Place in covered casserole dish and bake 1 to 1½ hours. Serve with mango chutney or fruit chutney and sliced banana rolled in coconut and hot boiled rice.

CHICKEN WITH APRICOTS

2½ lb (1.25 kg) chicken pieces
2 oz (60 g) polyunsaturated marg
¾ cup chopped onion
2 tblspns cornflour
15 oz (470 g) can apricot nectar
½ tspn salt
Pinch cayenne pepper
¾ cup dried apricots
½ cup sliced green pepper
½ cup plain non-fat yoghurt

Sauté chicken pieces in marg until brown, remove from pan. Fry onions in remaining marg for a few minutes. Blend cornflour with apricot nectar until smooth. Gradually add to pan, stirring until sauce boils and thickens. Add salt, pepper, chicken and dried apricots. Cover and simmer gently for 45 mins, stirring occasionally. Add green pepper and cook a further 5 minutes (Add sooner if preferred softer). Stir in yoghurt and reheat without boiling Good for those who wish to cut down on fats. Serves 6.

CHICKEN DISH

1 cooked chicken (steamed)
4 slices bacon
Tin mushroom soup
2 cooking apples
1 onion
Almonds (if wanted)

Gently simmer in the marg, cut up apple, bacon and onion. Put in casserole dish with cut up chicken. Pour mushroom soup over all. Cook in oven for about 30 minutes. Put almonds on top.

COLD CHICKEN LOAF

12 oz cooked cold chicken meat
Envelope (3 level tspns) gelatine
½ pint less 2 tblspns good chicken stock
4 oz cooked sliced beans
2 hard boiled eggs

Brush a 1 lb loaf tin with a little oil. Leave chicken pieces in fairly large pieces and mix in a bowl with cold cooked beans. Shell eggs and slice and arrange a double row in base of tin. Chop remainder of egg slices, stir them into chicken, turn mixture into tin and spread it level. Dissolve gelatine in half the stock in a pan over low heat, add rest of stock and pour liquid into loaf tin. Refrigerate for at least 4 hours until set, then dip tin quickly into hot water to free it from edges. Turn loaf onto bed of lettuce and serve sliced.

TURKEY TETRAZZINI
(Leftover magic)

60 g (2oz) butter or marg
1 chopped onion
1 small red and 1 small green chopped capsicums OR peas and beans
2 cloves crushed garlic OR 1 tspn minced garlic
1 tblspn fresh or dried thyme leaves
¼ cup plain flour
2 cups chicken stock
1 cup milk
¼ cup dry sherry
2 cups cooked shell noodles
3 cups chopped cooked turkey or chicken meat
½ cup grated cheese
1 cup breadcrumbs (fresh is best)

Melt butter in large saucepan, add onion and capsicum and stir over heat until tender. Add garlic and thyme, stir over heat for 2 minutes. Add flour and stir for 1 minute. Gradually add combined stock, milk and sherry, stir over heat until mixture has boiled and thickened. Season to taste with salt and pepper. Add noodles and turkey or chicken meat and stir well. Pour mixture into a 12 cup ovenproof dish, sprinkle with cheese and breadcrumbs. Bake in moderate oven for 30 minutes or until golden brown.

DESSERTS

SAGO PLUM PUDDING

2 tblspns sago, soaked overnight in 1 cup milk
1 cup mixed fruit
¾ cup brown sugar
1 egg
1 cup fresh breadcrumbs
1 tblspn melted butter
1 tspn bicarbonate of soda dissolved in 1 tblspn milk
½ cup brown sugar

Mix all ingredients together, put into buttered mould, steam 2½ hours. Finished product is lovely jelly-like pudding. Serve with custard or cream.

CHRISTMAS PUDDING

4 oz marg or butter
3 cups soft white breadcrumbs
1½ cups sultanas
¾ cup currants
1 cup grated carrot
1½ cups milk
1½ cups plain flour
1½ cups brown sugar
1½ cups raisins
2 oz chopped peel
3 level tspns bicarb soda
Caramel colouring or 2 tspns instant coffee or tspn each spice & cinnamon
Rum or pure vanilla (rum preferred)

Sieve flour and spices and rub in margarine. Add crumbs, brown sugar, fruits, carrot, and chopped nuts if liked. Dissolve soda in milk, add to dry ingredients with rum and essence. Grease 3 pint steamer and ¾ fill. Cover with brown paper greased on both sides, add lid. Put in pan of boiling water about half full. Steam at least 3 hours.
Note: If keeping for a few days, refrigerate. When re-heating, steam about 2 hours.

CARAMEL BANANAS

4 medium bananas
1 small bottle cream
1 tspn vanilla
½ cup brown sugar
1 tblspn butter

Peel bananas, cut into rounds, place in bottom of dish. Make sauce by taking about 1/3rd bottle cream, butter and brown sugar and stirring over heat or putting into microwave until thick and bubbling. Remove from heat, add vanilla and pour over bananas. Whip rest of cream until thick and spoon over bananas and sauce. May top with chopped nuts if liked. chill in fridge. Takes minutes to make and is the most yummy of desserts. Even those who don't like sweets like this one and children love it.

GOLDEN APPLE CRUMBLE

3 large cooking apples
1 tblspn sugar
2 tblspns boiling water
1 tblspn golden syrup

Peel, core and slice apples, steam for 2 minutes in syrup made with water, sugar and syrup. Add ¼ tspn cinnamon, 1 dstspn lemon juice and cook till apples are soft and clear.

Crumble topping

½ cup self raising flour
3 tblspns marg
½ tspn vanilla
2 dstspns brown sugar
3 tblspns desiccated coconut

Mix together until like breadcrumbs. Spread on apple mixture, bake in moderate oven approx 20 minutes. Serve with custard, cream or ice cream.

DELICIOUS CUSTARD

1 dstspn sugar
1 dstspn flour
1 pint milk
1 dstspn butter
1 egg

Put milk on to boil. Mix sugar, butter, flour, and egg well together. When milk boils, remove and slowly add ingredients. Return to heat and stir well until custard thickens.

LEMON SPONGE PUDDING

1 tblspn butter
2 tblspns plain flour
1 cup milk
1 cup sugar
1 lemon, juice and rind
Yolks 2 eggs, beaten

Cream butter with sugar. Add flour, juice and rind of lemon, milk and beaten yolks. Just before pouring in dish, stir in whites stiffly beaten. Set in dish of hot water and bake slowly 40 minutes.

BUTTERSCOTCH BANANAS

100 g brown sugar
20 ml rum
3 bananas
50 g butter
50 ml cream

Place sugar and butter in small jug and cook on HIGH 2 minutes. Stir, sugar should be dissolved. Add cream and rum. Peel and slice each banana 3 pieces. Place into 3 dishes, pour sauce over and cook on MED to LOW 5-6 minutes, stirring after 2 minutes to coat bananas with sauce.

OVERNIGHT PUDDING

2 cups plain flour
1 cup sugar
1 cup raisins
1 cup currants
1 tblspn butter melted in 1 cup boiling water
1 tspn bicarb soda dissolved in 1 cup boiling water

Mix together flour, sugar, raisins, currants. Add butter in cup boiling water and bicarb dissolved in 1 cup boiling water. Allow mixture to stand in bowl. Next day boil for 3½-4 hours.

CREAMED LEMON SAGO

½ pint milk
½ cup sugar
1 tblspn sago
2 eggs
Extra pint milk
Grated lemon or lemon essence

Place ½ pint milk in double saucepan with sugar and sago. Bring to boil and simmer 10 minutes, stirring a little. Beat yolks eggs and add another ½ pint milk to eggs. Add to sago mixture and bring to boil again. Beat whites of eggs until stiff then fold into sago mixture. Add grated lemon rind or few drops lemon essence.

GINGER PUDDING

2 tblspns pure dripping (butter or margarine)
6 tblspns sugar
2 tblspns golden syrup
2 eggs
1 cup milk
2 large cups flour
1 tspn ground ginger
1 tspn bicarb soda

Cream dripping and sugar. Add syrup, eggs (well beaten), flour and ginger. Add bicarb soda dissolved in milk. Mix well and bake in moderate oven for 1½ hours. Serve with hot custard. If any left over, ice with lemon icing and use as cake.

PINEAPPLE DELIGHT

1 small tin crushed pineapple
2 eggs
1 pint milk
1 tblspn sugar
1 dstspn cornflour
1 pkt lemon jelly

Drain pineapple and put in serving bowl. Heat pineapple juice with water to make 1 pint. Dissolve jelly crystals in this and allow to set. Make custard with milk, sugar, cornflour and egg yolks, cool slightly and pour over pineapple. When jelly begins to set, add beaten egg-whites, mix and pour on custard. Set in fridge and serve with cream or ice cream.

FROZEN CHRISTMAS PUDDING

125 g (4 oz) slivered almonds
½ cup sultanas
¼ cup raisins
¼ cup mixed peel
60 g (2oz) glacé cherries
60 g (2oz) ginger
2 tblspns Melon & Lemon or Melon & Ginger jam
¼ cup brandy or Grand Marnier or whatever
2 litres vanilla ice cream
300 ml cream

Toast almonds until golden brown. Chop fruit into small pieces. Combine fruit, almonds and liquor. Leave ice cream at room temperature to soften. Whip cream in chilled bowl. Stir ice cream into cream until smooth then quickly fold in fruit, almonds and liquor mixture. Work fast so ice cream does not melt. Return ice cream to container or mould, cover top with foil, then freeze. To unmould, dip briefly in warm, not hot, water. Invert chilled serving plate over mould and reverse mould and plate together. Return to freezer until required and decorate when ready to serve. ***This pudding will keep indefinitely and may be prepared well in advance of when required provided you have freezer space.***

MANGO MOUSSE

1 sachet orange & mango jelly crystals
1 cup boiling water
2 chopped mangoes
200 g carton low fat yoghurt

Make jelly, refrigerate until starting to set. Blend ¾ of mangoes and yoghurt until smooth, stir in jelly. Place in 4 or 6 sweets dishes and refrigerate. Garnish with the extra mango pieces.

SPONGE PUDDING

1 tblspn butter
½ cup sugar
2 eggs
1 cup self raising flour
Milk

Beat butter, sugar and eggs well, add flour and a little milk to make mixture consistency of batter. Put in well buttered basin, steam 1 hour. ***Do not lift lid, even once!*** Jam, coconut, bananas, sultanas, dates etc may be added to this mixture.

PASSIONFRUIT PUDDING

1 egg
1 pkt lemon jelly
1 cup boiling water
1 cup milk
2 or 3 passionfruit
¼ cup sugar

Dissolve jelly in boiling water. Cool but do not set. Beat egg, add milk and sugar. Add jelly and lastly passionfruit. Stir well, allow to set.

APPLE BLOSSOM PIE

Pastry:

3 level tblspns butter or marg — 2 level tblspns sugar
1 egg yolk — 1 tblspn water
6 rounded tblspns plain flour and ½ level tspn baking powder, OR
4 rounded tblspns plain flour, 2 tblspns SR flour and pinch salt.

Cream sugar and butter together, add egg yolk and vanilla, mix well. Stir in water. Sift dry ingredients, stir to make dry dough. Kneed on floured board. Roll to fit 7" tart plate, trim edges and decorate with scraps of pastry. Prick bottom of pastry case to prevent it rising in centre. Bake in moderate oven, 375°F gas, 425°F electric, 12-15 minutes. Allow to cool.

1st layer.

2 or 3 apples — ½ cup sugar
½ cup water — 2 passionfruit

Peel, core and slice apples, simmer in saucepan with water and sugar until fruit is soft. Drain syrup (reserve it for 3rd layer).Add passionfruit pulp, cool and place in cooked pastry case.

2nd layer.

½ tin condensed milk — Juice 1 lemon
Yolk 1 egg

Combine condensed milk with egg yolk and lemon juice. Beat until well mixed and spread over apple and passionfruit layer.

3rd layer.

1 level dstspn gelatine — 1 egg white
½ tspn lemon essence — Red colouring
Juice poured off cooked apples (make up to ¾ cup with water if necessary

Dissolve gelatine in hot fruit syrup and add lemon essence. Set aside to cool and become partly set. Add pinch salt to egg white, place in mixing basin and whip at high speed until stiff. Colour a pale pink with cochineal and at same high speed gradually add partly set apple juice. Continue beating until thick. Pile on pie and decorate with whipped and sweetened cream.

HEAVENLY TART

Pastry

Beat 1 tblspn butter and 1 of sugar to cream. Add 1 well beaten egg, a cup SR flour. Line a greased pie plate with pastry.

1st layer, Orange jelly

1 cup sugar and 1 cup water and bring to boil. Thicken with good dstspn cornflour and 1 dstspn custard powder, mixed together with juice of 1 orange and ½ lemon. Let boil for 2 minutes and add 1 dstspn butter. Place on top of cooked pastry and allow to cool before adding 2nd layer.

2nd layer, (cream)

Boil 1 cup milk, thicken with 1½ tblspns cornflour, take off fire and add 3 dstspns 3 butter and 3 dstspns icing sugar. Colour pale pink and pour on top of jelly mixture. Sprinkle with coconut.

3rd layer

1 level dstspn gelatine
½ tspn lemon essence
1 egg white
Red colouring
Juice poured off cooked apples (make up to ¾ cup with water if necessary)

Dissolve gelatine in hot fruit syrup and add lemon essence. Set aside to cool and become partly set. Add pinch salt to egg white, place in mixing basin and whip at high speed until stiff. Colour a pale pink with cochineal and at same high speed gradually add partly set apple juice. Continue beating until thick. Pile on pie and decorate with whipped and sweetened cream

PINEAPPLE CARAMEL FLUMMERY

440 g tin pineapple pieces
3 tblspns butter
¾ cup brown sugar
3 heaped tspns gelatine dissolved in ¼ cup water
1¼ cups chilled evap milk

Simmer pineapple pieces for 5 mins, strain, arrange pieces in bowl. Add gelatine mixture to pineapple juice. Melt sugar and butter in saucepan, mix till smooth, add hot pineapple mixture and stir until smooth. Pour half over pineapple pieces. Beat evap milk until stiff then fold into remaining caramel mixture and pour over pineapple pieces and chill. Serve with cream or icc cream.

BANANA TART

¾ cup evaporated milk
1 dstspn lemon juice
3 mashed bananas
½ cup caster sugar
½ cup passionfruit pulp
1 dstspn gelatine

Dissolve gelatine in hot water, cool. Beat chilled milk add sugar, lemon juice, passionfruit and bananas. Then add dissolved gelatine mix. Pour straight into cooked pie shell. Chill.

APPLE PIE

4 oz shortening
1 egg
Caster sugar
8 oz SR flour
Apple

Rub shortening into sifted flour then add beaten egg. If necessary add little cold water. Roll out and cover 8" tart plate. Add partly cooked apple then cover with remaining pastry. Damp top with cold water and sprinkle with caster sugar. Bake in moderate oven, 375°F.

IMPOSSIBLE PIE

4 eggs
½ cup plain flour
1 cup sugar
2 tspns vanilla
½ cup butter
2 cups milk
1 cup coconut

Blend all ingredients together. Pour into large greased pie plate and bake at 180°C for 1 hour or until set. The flour settles to form a crust, the coconut forms a topping and the centre is a custard filling. Try it - it really works.

SPANISH CREAM

2 oz gelatine
2 tblspns hot water
1 cup sugar
2 pints milk
4 eggs
Vanilla

Soak gelatine in hot water. Beat milk but do not boil. Add yolks of egg beaten with sugar and essence. Heat but do not boil. Pour on to soaked gelatine and beat until dissolved. When nearly cold add whites beaten stiffly and whisk for a few minutes. Pour into bowl to set.

LEMON PUDDING

To Australia settlers came from all over the British Isles and the following is a recipe from Yorkshire. Families who rose at dawn and did hard farm labour were ready for a hearty meal at mid-day in winter and stew with vegetables and afterwards a filling pudding would restore a man for work until dusk. Cheap puddings were made with suet and lemon gave a welcome sharp flavour. The pudding would be tied in cloth and boiled for at least 2 hours, and came to no harm if left to boil for much longer.

1 lemon
4 oz shredded suet
2 oz sugar
5 tblspns milk
2 oz flour2 oz fine breadcrumbs
2 tblspns syrup
1 beaten egg

Grate lemon rind into flour and mix in breadcrumbs, suet and sugar. Work in egg, syrup, juice of lemon and milk. Mix thoroughly and turn into buttered basin. Cover and steam for at least 2 hours. Turn out and serve with custard, cream or sweetened lemon-flavoured white sauce.

CAKES

QUICK MIX CHOCOLATE CAKE

1 cup SR flour
1 cup sugar
1 tspn vanilla
2 level tblspns cocoa
3 oz soft marg
½ cup milk
2 eggs

Place ingredients in bowl and mix 3 minutes. Cook in moderate oven 40-45 minutes.

MISSISSIPPI MUD CAKE

1 cup (250 g) unsalted butter
1¾ cups caster sugar
1 cup strong black coffee
¼ tspn baking powder
3 lightly beaten eggs
155 g chocolate
½ cup whisky
2 cups plain flour
¼ cup (30gm) and 1 tblspn cocoa
1 tblspn icing sugar

Heat butter, chocolate and caster sugar in bowl on top of saucepan or in microwave until melted. Leave to cool. Sift dry ingredients and stir into liquid ingredients. Add eggs. Prepare 9" springform plan by lining base with greaseproof paper. Place mixture into prepared pan and bake 1 hour. Reduce heat to 150°C and bake another 30 minutes or until cake tester comes clean.

RED DEVIL CHOCOLATE CAKE

2oz butter
1 egg
½ cup milk
½ tspn bicarb soda
½ cup boiling water
Scant cup sugar
1½ cups SR flour
1 dstspn cocoa
Vanilla

Cream butter and sugar, add egg, flour and milk alternately, then boiling water, soda and cocoa. Cook 225°C for ½ hour.

WHOLEMEAL PUMPKIN FRUIT CAKE

4 oz marg
2 eggs
2 tblspns golden syrup
1 cup wholemeal SR flour
¾ cup brown sugar
1 cup cold mashed pumpkin
12 oz mixed fruit
¾ cup SR flour

Cream butter and sugar until light and fluffy and add beaten eggs. Stir in pumpkin and golden syrup. Add mixed fruit and sifted flours, mix well in together. Bake in 8" round tin for 1 to 1¼ hours in moderate oven.

BOILED FRUIT CAKE

1 cup sugar
4oz marg
1 tspn mixed spice
2 eggs
1 cup plain flour
1 cup water
1 tspn bicarb soda
1 pkt (375 g) mixed fruit
1 cup SR flour

Boil sugar, water, shortening, soda, spice and fruit 2 minutes. Allow to cool. Add eggs and flour, stir in well. Bake in greased paper-lined square (8 x 3) or slab tin in moderate oven, 180°C, about an hour.

PUMPKIN FRUIT CAKE

250 g butter
2 eggs
500 g mixed fruit
1 cup warm mashed pumpkin
1 level tspn spice or cinnamon
1 level tspn bicarb soda
1 cup brown sugar
½ cup milk
2 cups (10 oz) plain flour
A little lemon peel
1 level dstspn golden syrup
2 oz crystallised ginger

Dissolve syrup in half of milk, soda in other half of milk. Cream butter and sugar, add eggs one at a time. Add flour, spice, fruit, peel and ginger, then warm pumpkin and milk with syrup. Lastly add soda and milk. Bake in moderate oven (170-180°C, 375°F) for 1½-2 hours in a 8" round or square cake tin.

PEACH CARAMEL UPSIDE-DOWN CAKE

<u>Caramel</u>
4 level tblspns brown sugar
2 level tblspns butter
<u>Batter</u>
3 oz butter or marg
1 egg
6 oz SR Flour
Nutmeg
Cherries
4 oz brown sugar
1 tspn vanilla essence
½ cup milk
Peach slices

Line base of slice tin with greaseproof paper. Cream butter and brown sugar for caramel. Spread on bottom and slightly up sides. Arrange peach slices and cherries in an attractive design on caramel as pudding will be turned out. Cream butter and sugar for batter, add egg and vanilla essence and beat well. Sift flour and add alternately with milk to make batter mixture. Pour batter gently on top of fruit. Bake in moderate oven, 375 -400°F for about 40 minutes. Turn out and dust with nutmeg and serve with custard or cream.

BEST BOILED FRUIT CAKE

[2 cups snipped raisins	1½ cups currants]
[2 cups sultanas	1½ cups chopped dates]
[¼ cup mixed peel	½ cup cherries]
[(OR 1.375 kg mixed fruit)	]
[250 g butter	1¾ cups brown sugar]
[2 level tblspns golden syrup	¾ cup water]
[1 cup sherry	1 level tspn cinnamon]
[½ level tspsn ground ginger	½ level tspn mixed spice]
[½ level tspn nutmeg	]

½ cup sherry	2 tblspns rum
4 x 55 g eggs	2 tspns vanilla essence
1 level tspn bicarb soda	¼ tspn lemon essence
1 tblspn hot water	2 cups pl flour
1½ cups S.R. flour	3 tblspns sherry or rum

1 cup (125 g) almonds or walnuts chopped

Put top 15 ingredients [bracketed] into a saucepan, bring to boil, switch hotplate off, continue cooking 3 minutes on stored heat. Cool. Add well beaten eggs, sherry, rum and essences, mix bicarb soda with hot water, stir into mixture. Fold in sifted flours, add nuts. Pour mixture into 23 cm square cake tins which have been lined with 2 layers greaseproof paper. Bake in slow oven, 160°C (325°F) about 2 ¼ hours or till skewer test comes out clean. Pour 3 tblspns extra sherry or rum over hot cakes and allow to cool in tins. When cold, wrap and store

ZUCCHINI CAKE
(Makes 2 loaf cakes)

4 eggs	1 tspn ground ginger
3½ cups wholemeal flour	1 tspn cinnamon
1 cup oil	1 cup dates
1 cup raw sugar	2 coarsely ground zucchinis
1½ tspns bicarb soda	1 cup pecans or walnuts
1½ tspns baking powder	

Beat eggs and sugar, add oil, mix well. Add dry ingredients, lastly zucchini. Bake 55 minutes at 350°F. Let stand 5 minutes.

COFFEE PAVLOVA ROLL

4 egg whites
1 cup caster sugar
1 tspn vanilla essence
1 carton cream (300 g)
1 tspn coffee powder dissolved in 1 tspn hot water
Tia Maria

Whip egg whites until stiff. Add sugar gradually, then vanilla essence. Grease Swiss roll tin and line with greaseproof paper then spread with meringue. Cook at 350°F for 10 minutes and turn out onto well sugared paper. Whip cream, add coffee and liquid. When cold (ie meringue) spread with cream mixture and roll up. Cover with cream and decorate with almonds.

PASSIONFRUIT SHORTCAKE

8 oz SR flour
4 oz caster sugar
4 oz butter or marg
1 egg

Rub butter or marg into sifted flour and caster sugar, then add well beaten egg. Mix with hand to make fairly crumbly mixture. Grease 8" sandwich tray and press mixture into it. Roughen top with fork and sprinkle with caster sugar. Bake in moderate oven for 30 minutes. When cold, cut through and fill with passionfruit cream.

Icing

1 cup icing sugar
1 large tblspn butter
Passionfruit pulp

EASY GINGER CAKE

1½ cups SR flour
½ cup milk
½ cup golden syrup
1 egg
½ cup sugar
1 level tspn cinnamon
1 level tspn ginger
2 oz butter
½ tspn bicarb soda in 1/4 cup boiling water

Mix together flour, milk, syrup, sugar, ginger, cinnamon and egg. Add melted butter and beat 4 minutes. Add water with soda in it. Beat well then turn into 11 x 7 greased Swiss roll tin. Bake in moderate oven 25-30 minutes.

MACADAMIA UPSIDE-DOWN CAKE

3 eggs
125 g butter
1½ tspns baking powder
Pinch salt
¾ cup white sugar
1 cup flour
Vanilla

Topping:
¾ cup chopped macadamia nuts
Brown sugar

Grease 18cm tin, cover with "Glad Bake" and lightly oil. Sprinkle base with brown sugar and chopped nuts Cream butter and sugar, add egg, sifted flour, baking powder and vanilla. Pour mixture into tin over chopped nuts and brown sugar and bake at 160° (fan forced).
Be careful not to have too hot an oven or topping will burn.

YOGHURT CAKE

2½ cups plain flour
Pinch salt
¾ cup vegetable oil
1 beaten egg
1 tspn baking powder
2½ tspns cinnamon
1 cup sugar
1 cup natural yoghurt
1 tspn bicarb soda
¼ cup coarsely chopped walnuts

In a bowl sift together salt, flour and ½ tspn cinnamon. Add sugar and oil. Mix well. Set aside ¾ cup mixture for topping. To rest of mixture add yoghurt, egg, soda and 1 tspn cinnamon. Beat until well combined. Stir walnuts and rest of cinnamon into topping mixture. Spread over batter. Bake at 180°C gas or 190°C electric until cooked, about ½ hour. Cool slightly, turn onto wire rack to cool completely. Sunflower seeds or muesli may be used instead of walnuts.

CARROT CAKE

1½ cups finely grated carrot (about 2 medium carrots)
½ cup chopped walnuts
1 cup caster sugar
½ tspn bicarb soda
1½ cups plain flour.
2 eggs
¾ cup oil
½ tspn each mixed spice and salt
Vanilla

Combine eggs, sugar, oil, vanilla and sifted dry ingredients, beat on low speed until smooth (or beat with wooden spoon). Pour mixture into well greased 20cm (8") ring tin or large loaf tin. Bake in moderate oven 45-50 minutes. When cold spread with frosting, (lemon, orange or vanilla flavoured) just icing sugar with a little marg melted and add juices to right consistency.

OLD FASHIONED DATE AND COCONUT CAKE

Bring to boil

1 cup milk
1 tspn bicarb soda
1 cup chopped dates
1 cup sugar
2 tblspns marg

Simmer for 10 minutes, being careful it doesn't froth over. Take from stove and cool.

Put in large bowl

1 cup SR flour
1 dstspn mixed spice
½ cup plain flour
1 cup coconut

Sift flour and spice together. Mix all well. Stir in cool date mixture. Grease a bar tin. Line bottom with greaseproof paper lightly greased. Put mixture in tin and bake in moderate oven, 175°C, for 1 hour. Test with skewer, if cooked put on cake cooler for 5 minutes before removing from tin. This is an old recipe. The sugar can be cut to ¾ cup.

SUGAR/FAT FREE FRUIT CAKE

25 dried apricots
10 dried prunes
1 cup wholemeal SR flour
¼ tspn cinnamon powder
1 large or 2 small ripe bananas
10 dried figs
5 dried halved pears
2 cups water
½ cup almond flour
1 tspn finely grated orange rind

Preheat oven to 180 C/350°F. Place dried fruits in saucepan with water and bring to boil, cover and simmer 5 minutes. Remove 10 apricots from pan and blend to a purée with the cooking liquid and banana. Place in large mixing bowl. Mix flour and almond meal with fruit purée and stir in all the fruits, cinnamon and orange rind. Spoon mixture into 20 cm long loaf tin and bake for about 40 minutes. Allow to cool in tin before unmoulding.

BANANA CAKE

2 tspns lemon juice or vinegar, make up to 3/4 cup with milk
2 1/3 cups s.r flour
2/3 cup mashed ripe bananas
2 eggs
¾ cup walnuts (optional)
1 tspn bicarb soda
1½ cups sugar
6 oz butter

Mix all ingredients except nuts for 4 minutes. Add nuts if desired. Bake in moderate oven about 35-40 minutes.

APPLE CAKE

2 medium to large cooking apples
60 g butter or marg melted and cooled
1 cup sultanas, dates, or other dried fruit
1 tspn cinnamon and 1½ cups SR flour, sift together
2 beaten eggs 1 cup sugar

Peel and slice apples, mix thoroughly with all other ingredients. Place in a well greased square or round tin 20 cm. Cook in moderate oven for 60 minutes or until tester comes out clean.

ARMENIAN NUTMEG CAKE

2 cups firmly packed brown sugar
125 g butter or marg
1 cup milk
1 tspn nutmeg
2 cups sifted SR flour
1 tspn bicarb soda
1 beaten egg
½ cup chopped walnut

Combine sugar and flour and rub in butter until it resembles fine breadcrumbs. Place half of mixture into well-greased 20cm square tin. Dissolve soda in milk, add egg and nutmeg and pour into remaining sugar and flour mixture. Mix well. Spoon into tin on top of pressed-in mixture. Sprinkle walnuts over. Bake in pre-heated moderate oven, 180°C, for 1 hour. Allow to stand 15 minutes before turning out onto a wire rack to cool.

DATE CAKE

8 oz dates
1 tspn bicarb soda
1 cup sugar
8 oz plain flour
1 teacup cold water
6 oz butter
2 eggs

Soak dates in water with soda at least 3 hours. Cream butter and sugar, add eggs one at a time, then flour and dates. Mix thoroughly and bake in well greased tin in moderate oven 1½-1¾ hours. When cold, ice with chocolate icing. Will keep fresh for a long time. May be made as a sandwich and filled with mock cream.

DATE BAR
(Suitable for diabetics)

1 cup each SR, wholemeal, and plain flour
12 oz chopped dates
2 tblspns brown sugar
2 tblspns butter
1 tspn mixed spice
2 tspns bicarb soda
1 lemon jelly (may use diabetic)
2 tblspns golden syrup
1 tspn cinnamon
1 tspn baking powder
1¾ cups boiling water

Place dates, jelly, syrup, sugar, soda and butter in bowl. pour over hot water, stir until cool. Add dry ingredients. Pour into 2 loaf tins lined with paper. Bake 1 hour. This cake is better left few days before cutting.

WHOLEMEAL CAKE FOR DIABETICS

1 cup plain wholemeal flour
¾ cup desiccated coconut
½ cup chopped walnuts
4 eggs
½ cup water
1 tspn cinnamon
1 tspn bicarb soda
1 cup dried sultanas
1½ cups grated carrot
¼ cup vegetable oil
1 tspn vanilla

Sift flour, soda and cinnamon. Mix in coconut, add walnuts, sultanas and carrot, Mix well. Beat eggs, oil, vanilla and water together and add to dry ingredients. Mix well. Bake in moderate 200°C oven 30-40 minutes. Makes 16 slices, 1 slice equals 1 portion.

SPONGES

BANANA SPONGE

4 oz (125 g) butter
2 tblspns milk
1 small tspn baking soda
3 mashed firm bananas
1 cup sugar
1 tspn baking powder
1 well beaten egg
1½ cups flour

Cream butter and sugar, add egg, then flour, baking powder and bananas. Dissolve soda in milk, add to above. Bake in moderate oven 1/2 hour. This sponge can be either baked in sandwich tins and mock cream filling put between, or in flat baking tin with whipped cream on top.

SPONGE CAKE

3 eggs
175 g (6 oz) sugar
125 g (4 oz) plain flour
50 g (2oz) butter
2 tblspns boiling water
1 tspn baking powder

Beat eggs a little with pinch of salt, add sugar and beat until thick. Fold in sifted flour and baking powder lightly. Add butter melted in boiling water. Bake in greased 20 cm (8") round tin 25-30 minutes at 190°C (375°F). Turn out onto paper sprinkled with sugar. (A super NZ sponge recipe that generally turns out 100% very light).

FEATHER SPONGE

4 eggs, separated
1 cup SR flour
1 tspn cinnamon
2 oz butter
Pinch salt
¾ cup caster sugar
1 dstspn cocoa
1 tspn mixed spice
6 tblspns milk

Sift flour, cocoa, cinnamon and spice together 3 times. Beat egg whites until stiff enough to stand in peaks. Add sugar gradually, add beaten yolks and beat all together 10 minutes. Fold flour and spices into mixture gently. Add butter and milk which has been brought to boiling point, fold in lightly but thoroughly. Pour into two 8" sandwich tins. Bake in moderate oven about 20 minutes. Stand in tin for 3 minutes before turning out. Fill with cream, ice with soft coffee butter icing and sprinkle with chopped walnuts.

THE VICTORIA SPONGE

2 eggs and their weight in sugar, butter, and SR flour for a 20 cm or 8" tin.
For a 23-24 cm (9-9½") cake tin, weigh 3 eggs and their weight in sugar, butter and flour.

Cream butter and sugar until light and fluffy. Add 1 egg at a time, stirring well, and blot up any excess moisture by adding 1 tblspn flour between additions. Then the rest of flour, add enough water to make a batter of "dropping" consistency (usually 2 or 3 tblspns). Add a little vanilla. Pour into well greased tin (base can be lined). Bake in 190°C oven 30-35 minutes for a 2 egg cake and 30-35 minutes for the larger quantity.

Variations

Instead of water substitute other liquids, eg coffee, rum or orange juice (plus grated peel). Flour can be mixed with almond meal, ground walnuts, cocoa or instant coffee. This can expand flour up to 1½oz, making it lighter.

POWDER PUFFS

2 eggs - separated
Whipped cream to serve
3 tblspns cornflour
½ cup caster sugar
3 tblspns plain flour
1 tspn baking powder

Beat egg whites until stiff Add sugar, beaten egg yolks and mix well. Fold in dry ingredients. Drop tspnfulls onto greased trays allowing a couple of inches for spreading. Bake 220°C (425°F) 5-6 minutes. Put together at least ½ hour before needed, the crisp little sponges puff up to light tender powder puffs. Sponges keep well in airtight tin.

BISCUITS

PEANUT CRISPS

1 large cup SR flour
1 small cup suter
3 oz (85 g) melted butter
1 cup shelled roasted peanuts
1 tblspn cocoa
1 egg
Pinch salt
1 tspn vanilla

Beat sugar and egg, add melted butter and vanilla. Add dry ingredients then peanuts. Pace teaspoonful on a greased baking tray (or use Gladbake). Bake 20 - 25 mins in moderate oven. Leave on tray until cold.

ANZAC BISCUITS

1 rolled oats
1 cup plain flour
1 cup sugar
1 tblspn golden syrup
¾ cup coconut
1 tspn bicarb soda
½ cup margarine (4 oz)
2 tblspns boiling water

Mix oats, flour, sugar and coconut. Melt syrup, butter. Mix soda with boiling water, add to melted butter and syrup. Add to dry ingredients. Place teaspoon, or dessertspoon or make into round ball on greased oven tray (or Gladbake). Bake in slow oven 20 mins. Allow to cool on tray until cool and crisp. Loosen if required before cooling.

FOOLPROOF MERINGUES

2 egg whites
½ tspn vanilla
1 tspn cornflour
1½ cups caster sugar
1 tspn vinegar
4 tblspns boiling water

Place all ingredients in basin, beat fast speed for about 7 minutes until meringue consistency. Pipe onto greased trays. Bake in cool oven 1-1½ hours. Cool in oven.

MELTING MOMENTS

8 oz butter or marg
2 tblspns icing sugar
2 cups plain flour
2 tblspns cornflour

Sift dry ingredients into bowl then add melted butter or marg. Mix well then mould into small balls. Press down to make biscuit. Bake in moderate oven, 375°F, for about 12-15 minutes. Ice biscuits with vanilla/butter icing and decorate as desired.

PEANUT BISCUITS

½ cup shortening
1 cup sugar
1 egg
1 cup SR flour
1 heaped dstspn cocoa
1 cup raw peanuts

Cream shortening and sugar, add egg, beat well, then add peanuts, sifted flour and cocoa. Place in spoonfuls on greased trays, allowing room for spreading, and bake in moderate oven 12-15 minutes.

DELICIOUS PLAIN BISCUITS

2½ cups plain flour
½ cup shortening
1 cup sugar
Pinch salt
½ cup milk
½ tspn bicarb soda

Rub together flour, shortening and salt until crumbly. Mix milk, sugar and soda and bring to boil. Combine with dry ingredients while frothing and roll out quickly. Cut into desired shape and bake until golden brown.

COCKROACHES
(Shearing shed specialty)

4 cups plain flour
1½ cups sultanas
2 cups sugar
1 cup butter
2 tspns ginger & mixed spice (each)
2 tspns baking powder
1 small cup milk
3 eggs

Rub butter into flour, spice and sugar. Add sultanas and beaten eggs. Mix to soft dough. turn onto floured board, flatten and finish as scones or large biscuits.

PEANUT CRISPS

4oz marg
1 cup sugar
1 cup rolled oats
½ cup chopped salted peanuts
1 egg
1 cup SR flour
1 cup cornflakes

Cream marg and sugar. Fold in sifted flour. Lastly mix in crushed cornflakes, oats and peanuts. Place in tspnfulls on greased tray, space well. Bake in moderate oven for about 15 minutes.

PEANUT BUTTER CRINKLES

125 g (4 oz) butter
½ cup sugar
½ cup peanut butter
1 tspn bicarb soda
Vanilla
½ tspn grated lemon rind
½ cup brown sugar lightly packed
1½ cups plain flour
Pinch salt

Cream butter, vanilla, lemon rind, sugar and peanut butter. With a wooden spoon work in sifted flour, soda and salt, making a stiff dough. Roll heaped tspnfulls into small balls with floured hands and place on greased oven trays. Press biscuits down lightly with a fork - first crosswise then lengthwise for a crinkled effect. Bake in moderate oven 15 minutes. Cool biscuits on oven trays. Makes about 25 biscuits.

SLICES

FRUIT SALAD SLICE

1 pkt Arnott's Scotch Finger Biscuits
3 dstspns custard powder
Grated chocolate
1 large tin fruit salad
300 ml cream

Line tin with Gladbake. Drain fruit salad and make custard with juice, then mix in fruit. Spread over top of biscuits. Add whipped cream and lastly grated chocolate. For slices use 150 ml cream.

LEMON SLICE

1½ cups SR flour
½ cup brown sugar
1 cup coconut
6 oz butter or marg

Mix all dry ingredients together. Melt butter, pour over dry ingredients. Mix well. Press into greased Swiss-roll tin, bake in moderate oven 20 minutes. Whilst still warm top with lemon icing.

COCONUT SLICE

4oz butter
½ cup milk
1 beaten egg
Pinch salt
¾ cup sugar
1 cup SR flour
Vanilla
1 coconut

Melt butter, add sugar while still warm and beat with wooden spoon. Add rest of ingredients. Cook mod oven 25-30 minutes. If cooked in lamington tin, jam can be spread or swirled on top before cooking thus eliminating need for icing. Alternatively ice with lemon icing.

HONEY SLICE
(Eggless)

125 g butter
½ cup brown sugar
1½ cup rolled oats
½ cup honey
1½ cup coconut
½ cup flour

Combine butter, honey and sugar in saucepan over low heat (don't boil, just ***melt***. Combine with rest of ingredients in large bowl and press into greased lamington pan . Bake in moderate oven 20 minutes. Cool and cut.

RASPBERRY COCONUT SLICE

2/3 cup plain flour
2/3 cup SR flour
30 g butter, softened
¼ cup caster sugar
1 egg yolk
2 tblspns water, approx
½ cup raspberry jam

Coconut Topping

3 cups (270 g) coconut
¾ cup caster sugar
1 egg white
1 tblspn water
2 eggs, separated, extra
1/3 cup plain flour

Lightly grease lamington pan, place strip greaseproof paper to cover base to extend over 2 opposite sides, grease paper. Sift flours into a bowl, rub in butter then stir in sugar. Add egg yolk and enough water to form soft dough, press over base of prepared pan, prick well with a fork. Bake in moderate oven 12 minutes, cool.

Spread jam over base, press topping onto jam. Bake in moderate oven for about 30 minutes, or until topping well browned. Cut into triangles and serve.

Coconut Topping

Combine coconut, sugar, 1 egg white, water and extra egg yolks in a pan, stir over heat until mixture begins to stick together, do no allow coconut to brown. Cool. Beat extra egg whites until soft peaks form. Fold sifted flour and beaten egg whites into coconut mixture.

Not suitable to freeze. Not suitable to microwave.

APPLE AND SOUR CREAM SLICE

1 pkt Buttercake Cake Mix
1 cup coconut
½ cup melted butter
1 egg

Topping

300 ml sour cream
1 small can pie-apple
Nutmeg

Mix together cake mix, coconut and butter, add egg. Spread mixture into 23 cm pan. Bake in moderate oven 20 minutes. Stir sour cream and apple together, place on top of hot base and sprinkle with nutmeg. Bake further 20 minutes. Cut into slices when cold.

PASSIONFRUIT SLICE

180 g butter, chopped
2 egg yolks
½ cup cornflour
¾ cup SR flour
½ cup caster sugar
1 tspn vanilla essence
¾ cup plain flour
¼ cup passion pulp

Passionfruit frosting
180-g butter, chopped
¼ cup passion pulp
1 cup icing sugar

Beat butter, sugar, eggs and vanilla until light and creamy in a large bowl. Sift flour into creamed mixture and add passion pulp, mix till just combined. Spoon mixture into lamington tin and spread evenly. Bake in 180°C oven till golden brown. When cool, ice with passionfruit frosting.
Frosting Beat butter, icing sugar and passion pulp till light and creamy. Serves 16. About 8 large passionfruit will be required.

COPHA CAKE
(Coffee Biscuit)

6 oz copha
8 oz icing sugar
Vanilla to taste
2 tblspns cocoa
1 egg
8 oz coffee biscuits (leave biscuits "out" until soft)

Line straight sided log tin with greaseproof paper. Place in basin sifted icing sugar, cocoa, egg and vanilla. Add melted copha and mix well. Arrange alternate layers of chocolate mixture and biscuits in prepared tin, starting and ending with chocolate mixture. Set in fridge, slice as required.

CHOCOLATE OAT BARS

1 cup rolled oats
½ cup chopped pecan nuts
½ cup sultanas
125 g melted butter
1 cup SR flour
½ cup sugar
½ cup chocolate bits
2 tblspns golden syrup

Lightly grease lamington tray. Combine oats, flour, sugar, sultanas and choc bits in large bowl. Stir in melted butter and golden syrup. Press mixture into prepared lamington tray. Bake in moderate oven, 180°C, 30-35 minutes. Cool in pan and cut into bars when cold.

CHOCOLATE FUDGE

4 oz melted butter
3 tblspns cocoa
1 cup mixed fruit
1 egg
1 cup sugar
1 cup coconut
1 cup SR flour

Mix melted butter, cocoa, sugar, coconut and mixed fruit together, add beaten egg and flour. Put in shallow greased tin and cook in moderate oven for no longer than 15 minutes. Before completely cool, ice with chocolate icing and decorate with nuts, cherries or coconut. Cut into squares when cold.

CHOCOLATE CARAMEL SLICE

Base

½ cup melted marg
1 cup coconut
1 cup SR flour
½ cup brown sugar

Pour melted marg over flour, coconut and sugar. Press into slab tin and bake at 340°F 15 minutes.

Filling

¾ tin condensed milk
1 tblspn melted marg
2 tblspns golden syrup

Mix well and pour over cooked base. Return to oven further 15 minutes.

Icing

4oz melted copha
1 tblspn cocoa
4oz icing sugar

Mix together, pour over caramel and allow to set.

CHOCOLATE SLAB

4 oz melted butter
1 cup coconut
1 cup SR flour
3 crushed Weetbix
3 tblspns brown sugar

Mix dry ingredients in bowl, mix in melted butter. Press into lamington tin. Bake 15 minutes in moderate oven. Ice with chocolate icing and cut in slices while warm.

GRAMMA PUMPKIN SLICE

Filling

3 cups boiled mashed pumpkin
Juice 3 lemons
1 dstspn grated zest
1 beaten egg
1½ cups brown sugar

Select nice orange-red pumpkin with dry flesh. Gramma good for this if buying at market. Beat ingredients together and stand on one side while making pastry.

Pastry

¾ cup plain flour
¾ cup SR flour
1 heaped tblspn cornflour
113 g butter or marg
1 egg

Sift flours together, rub in butter or marg. Add egg and enough water to make into smooth pastry. Use lemon zest too if available. Roll pastry out to fit lamington tin, pour filling over pastry and bake in moderate oven until pumpkin mixture has set and is desired colour.

CHERRY WALNUT SLICE

Pastry

1 cup plain flour
4 oz butter or marg
½ cup icing sugar

Sift together flour and sugar, rub in butter until mixture resembles fine breadcrumbs. Press mixture into ungreased lamington tin. Bake in hot oven 10 minutes.

Topping

¼ cup SR flour
½ cup chopped cherries
¾ cup sugar
½ cup coconut
Pinch salt
½ cup chopped walnuts
2 eggs

Sift together flour, sugar and salt, stir in beaten eggs and other ingredients, blend well. Spread over partially cooked pastry. Bake in hot oven further 20-25 minutes or until golden brown. Cut into fingers when cold.

WALNUT AND COCONUT SLICE

Base

1 cup plain flour
¼ cup SR flour
1 level tblspn icing sugar
90 g butter
2 tblspns water

Sift flours and icing sugar, rub in butter. Add sufficient water to make pliable dough. Press mixture into greased lamington tin. Bake at 190°C (375°F) 15 minutes.

Filling

2 eggs
¾ cup brown sugar
2 level tspns baking powder
1 tspn vanilla
½ cup chopped walnuts
½ cup coconut

Beat eggs and sugar until creamy, add other ingredients, mix thoroughly. Pour over biscuit base. Return to oven, cook further 20 minutes. Cut and cool in tin.

COFFEE WALNUT SLICE

Base

1 cup SR flour
1 cup coconut
1 cup brown sugar
125 g marg or butter

Filling

400 g tin condensed milk
30 g marg or butter
2 tblspns golden syrup
1 tblspn instant coffee
60 g walnut pieces

Topping

155 g dark cooking chocolate
30 g copha

Sift flour into bowl, stir in other dry ingredients except coffee, mix well. Melt marg or butter, add to bowl, mix well. Press into greased lamington tin, bake moderate oven 15 minutes. Remove from oven, set aside. Whilst base is cooking, put condensed milk, butter, golden syrup and coffee into saucepan, stir over low heat until coffee dissolved and mixture thickens. Alternatively, put into microwave oven on low heat until ingredients melted, stirring once. Stir in walnuts. Pour prepared filling over base and immediately return to oven for further 10 minutes.

Melt chocolate and copha in double saucepan over low heat or place into microwave on low heat to dissolve. Pour over cooled slice, spread and place in fridge. When cooled cut into squares. Best if stored in fridge.

UNCOOKED RAISIN AND WALNUT FINGERS

4 oz marg
¾ cup white sugar
1 pkt crushed coffee or arrowroot biscuits
1 cup each raisins walnuts cherries
1 beaten egg

Put marg, fruit, sugar and egg in saucepan and bring to boil ***slowly***, simmer 2 minutes. Add crushed biscuits, mix well. When cool add about 1 tblspn rum, brandy or sherry. Spread in lamington tin. Put in fridge until set. Ice with chocolate icing using warm water for spreading. Store in fridge.

DATE AND WALNUT SLICE

3 oz melted marg
1 cup caster sugar
4 oz chopped walnuts
Pinch salt
1½ tblspns sweet sherry/ marsala
2 eggs
6 oz chopped dates
1½ cups SR flour
½ tspn vanilla essence

Sift flour and salt, add sugar and mix well. Add dates and walnuts. Beat eggs, add cooled marg, vanilla essence and sherry/marsala. Add to dry ingredients. Bake in moderate oven, 375°F, about 30 minutes.

When cold, ice with lemon icing:-
1 cup icing sugar
2 tspns grated lemon rind
1 oz butter
1½ tblspns lemon juice

NO-FUSS FRUIT SLICE

4 oz melted butter
1 cup brown sugar
2 cups SR flour
1 tblspn syrup
2 eggs beaten in ½ cup water
1 cup mixed fruit

Mix and spread in flat baking dish, cook at 275°.

LATTICE SLICE

2 pkts lattice biscuits
250 g unsalted butter
1 dstspn gelatine
1 cup caster sugar
250 g Philadelphia cream cheese
1 tspn vanilla essence
½ cup boiling water

Line lamington tray with foil. Place layer of biscuits on bottom. Cream butter and sugar together. Dissolve gelatine in half cup boiling water. Add all ingredients to butter and sugar. Mix well until smooth. Cover biscuits with filling. Place biscuits on top then refrigerate until set. Cut into either biscuit size or fingers.

MARSHMALLOW BISCUITS
(Eggless)

4 crushed Weetbix (cornflakes will do)
1 cup sugar
1 cup coconut
4 oz melted marg or copha

Mix cereal, sugar and coconut, pour over melted marg or copha, stir well and press into lamington tin. Bake 10-15 minutes, allow to cool.

Marshmallow Topping
1 oz gelatine
2 cups sugar
Dissolve gelatine in cup boiling water. Beat with 2 cups sugar till nearly set and pour over biscuit mixture. Set in cool place.

SPIDERS
(Eggless uncooked)

375 g cooking chocolate
2 pkts Chang fried noodles
1 tblspn peanut butter

Melt chocolate and peanut butter together. Mix in noodles. Spoon onto greased tray and refrigerate. Very rich but nice for special occasions.

DATE BUTTERSCOTCH
(Eggless, uncooked)

8 oz chopped dates
2 oz butter
¾ cup sugar
1 tspn vanilla
4 cups Rice Bubbles
1 tblspn chopped walnuts

Heat dates, sugar and butter together in saucepan until soft: Remove from stove and add vanilla, Rice Bubbles and walnuts. Grease slab tin and sprinkle with coconut. Spread mixture and press flat, sprinkle top with coconut. Set in fridge. When firm cut into fingers.

CARAMEL FINGERS

¾ cup brown sugar
4 oz butter
1 egg
½ tspn vanilla
1 cup SR flour
Pinch salt
¾ cup combined chopped dates and walnuts

Melt butter, add brown sugar, stir well, then add beaten egg and vanilla. Combine flour, salt, dates and walnuts, then add liquid ingredients and stir well. Pour into greased lamington tin and cook at 375°F 35 minutes. Cool a little then cut into fingers and remove from tin.

HONEY NOUGATS

1 cup rolled oats
1 cup SR flour
4 oz marg
1 egg
1 cup sugar
1 cup coconut
1 tblspn honey
1 oz walnuts

Mix dry ingredients in bowl. Melt marg, add honey and lightly beaten egg. Spread into greased lamington tin, pressing roughly chopped walnuts on top. Bake in slow oven 35 minutes. When cool cut in fingers.

ROCKY ROAD SQUARES

½ cup SR flour
Pinch salt
1 tspn vanilla
1 level tblspn cocoa
4 oz melted marg
½ cup plain flour
¼ cup coconut
½ cup caster sugar
¼ cup chopped walnuts
1 beaten egg

Sift flour, salt and cocoa, add coconut, sugar and walnuts. Add remaining ingredients and mix thoroughly. Place in greased lamington tin and bake in moderate oven 15 minutes. Allow to cool 5 minutes then top with Rocky Road Frosting.

Frosting

3 oz dark chopped chocolate
2 tblspns water
1 cup sifted icing sugar
2 cups chopped marshmallows
2 oz melted marg
¼ cup chopped walnuts
1 tspn vanilla
¼ cup chopped glacé cherries

Combine chocolate, marg/butter and water and stir over hot water until chocolate and marg melted. Add icing sugar and vanilla. Beat well. Fold in marshmallow, spread roughly over biscuit base. Sprinkle with cherries (washed and dried) and walnuts. When cold cut into squares. Keep in refrigerator.

COCONUT DELIGHT

6 oz SR flour
½ tspn vanilla
1 dstspn golden syrup
½ cup sugar
1 cup cornflakes slightly crushed
1 tblspn cocoa
5 oz butter
1 cup coconut

Sift flour, salt and cocoa, add cornflakes, sugar and coconut. Melt butter and syrup, add vanilla, then mix in dry ingredients. Press into lamington tin and bake 35 minutes in moderate oven. When almost cool, spread with chocolate icing and sprinkle with coconut. Cut into fingers.

SCONES AND DAMPER

FRUIT SCONES

2½ cups SR flour
1½ cups milk
1 tspn salt
2 level tblspns sugar
1 cup chopped dates or 1 dstspn cinnamon or spice
2 dstspns marg

Place dry ingredients into dish rub in 2 dstspns marg. Add dates (or spices) or mixed fruit. Add milk and mix. Tip onto floured board and cut. Cook in hot oven 10 minutes.

GEM SCONES

2 tblspns sugar
1 tblspn butter
1 egg
1 cup milk
2 cups SR flour

Put gem iron in 400° oven. Beat butter and sugar to a cream, add beaten egg and milk, then lightly fold in sifted flour and salt. Grease gem iron with melted butter or spray with cooking spray. Half fill with mixture and bake 8-10 minutes.

Variations

Ginger Gems
Sift 1½ tspns ground ginger with flour. If preferred, drizzle lightly with golden syrup before serving.

Spiced Gems
Sift 1 tspn mixed spice and 1 tspn cinnamon with the flour.

Fruity Gems
Add a little less milk and 4 oz currants or sultanas.

FOOLPROOF SCONES

1 egg
1 dstspn sugar
1 tblspn butter
1 cup milk or buttermilk
2 large cups SR flour
½ tspn salt

Beat egg, sugar and milk well. Melt butter and add to milk. Sift flour and salt into bowl, mix to soft dough with egg and milk mixtures using a knife. A little more flour may be needed but avoid making too firm. Chop mixture about with knife. Roll out about ½" thick, cut into shapes. Bake on greased tray in hot oven 10-12 minutes.

PUMPKIN SCONES

1½ cups cooked mashed pumpkin
2 oz marg
1 beaten egg
Pinch salt
¾ cup sugar
1 tspn mixed spice
3 cups SR flour

While pumpkin still hot, mix in sugar, marg and spice. When cool add egg, then flour sifted with salt. Knead lightly. Cut scones, brush with milk. Cook in hot oven 15 minutes. Add sultanas or chopped walnuts if liked.

CHEESE SCONES

2 cups SR flour
¼ cup butter or marg
½ cup milk
½ level tspsn salt
1 egg

Combine flour and salt, rub in butter. Mix in egg and milk. Roll out to ½" thickness. Cut into rounds and place on greased slide.

Topping

2 level tblspns butter or marg
¼ level tspn mustard
125 g grated cheese
Pinch cayenne pepper

Combine and place 1 tspnfull on top of each scone. Bake at 250°C 12-15 minutes.

AUSTRALIAN DAMPER

Damper - the bush bread - was traditionally made by mixing flour, baking soda and water and baking it in the ashes of the campfire. This recipe is slightly more civilised.

4 cups SR flour
1 tblspn sugar
150 ml water
1 tblspn salt
150 ml milk

Sift flour in bowl, mix with sugar and salt. Make a well in centre, pour in milk and water which should be lukewarm, and mix quickly into a dough - preferably with a knife. Put dough onto lightly greased baking tray, shape into round loaf. Glaze with beaten egg and milk. Bake in hot oven about 45 minutes or until golden brown. Cut into thick slices and serve with billy tea.

AUSTRALIAN BUSH DAMPER

4 cups SR flour
1 tspn salt
2 tblspns baking powder
15 oz water

Mix all ingredients together, making a wet mixture. Bake in greased large loaf tin about 35 minutes in moderate oven.

FRUIT LOAVES

LOCKIE'S FRUIT LOAF

1 cup SR flour
1 cup coconut
1 cup mixed fruit
½ cup sugar
½ cup walnuts
1 cup milk

Mix all dry ingredients together, then add milk. Bake in loaf tin moderate oven, 180°C, ¾ hour. Slice thinly and butter.

BANANA APRICOT LOAF

1 cup SR flour
½ cup caster sugar
½ cup oil
½ cup chopped dried apricots
Lemon icing or icing sugar
1 cup wholemeal SR flour
2 eggs
½ tspn cinnamon
2 medium mashed ripe bananas

In a large bowl combine all ingredients except icing. Mix well. Pour mixture into well-greased loaf tin, 20 x 10cm (8" x 4"). Bake in moderate oven, 180°C, 350°F, 45 minutes or until cooked when tested. Cool, ice with thin lemon icing.

PUMPKIN FRUIT LOAF

2 tblspns butter
1 tspn vanilla
2 cups SR flour
¾ cup milk
2 tblspns chopped walnuts
¾ cup sugar
1 cup cold cooked mashed pumpkin
Pinch salt
1 cup sultanas

Cream butter and sugar, add vanilla and pumpkin. Fold in flour, milk and nuts and sultanas. Mix well. Bake in loaf tin 40-45 minutes in moderate oven on centre shelf. Serve sliced and buttered.

ANNA'S DATE AND WALNUT LOAF

250 g chopped dates
1 tblspn butter
Pinch salt
1 cup hot water
½ cup walnuts
½ cup caster sugar
1 tspn bicarb soda
2 cups SR flour

Mix all dry ingredients, add butter melted in hot water. Mix well and bake 35 minutes in moderate oven.

APRICOT COTTAGE LOAF

1 tin (425 g) apricot halves in natural fruit juice
1 cup sultanas
½ cup raw sugar
2 cups wholemeal SR flour
1 cup muesli or Allbran
½ cup coconut

Drain fruit, chop into small pieces and put back into juice with sultanas. Let stand 5-10 minutes until sultanas become plump. Add rest of ingredients and mix well. Spoon into 11 x 18 cm loaf tin and bake in moderate oven, 180°C, 1 hour. Cool, slice and butter.

JAMS, PICKLES, SAUCES

SEVILLE JAM

680 g fruit
1360 g sugar
3 pints water

Cut up fruit, stand all night. Cook fruit well, heat sugar and add to cooked fruit and water. Cook 1 hour.

RHUBARB AND PINEAPPLE JAM

3 lb sugar
4 lb rhubarb
1 large tin pineapple

Cut rhubarb into even-sized pieces, strain pineapple, place both fruits into basin with sugar. leave to stand overnight. Next day bring to boil, allow to boil until jam is thick. Add pineapple juice, boil until mixture jells. Bottle while hot and seal. Jam is lovely pink colour.

PEACH AND PASSIONFRUIT JAM

2½ lb peaches
12 passionfruit
2½ lb sugar
Juice half medium sized lemon

Peel and slice peaches, sprinkle with some of sugar and leave overnight. Next day put peaches and syrup which has formed into pan and cook gently until tender. Warm rest of sugar and add to pan with lemon juice and pulp of passionfruit. Stir until sugar dissolved, boil rapidly until it jells when tested

PAPAW AND PINEAPPLE JAM

4 cups chopped firm papaw
4 lb sugar
Juice 4 lemons
4 cups chopped pineapple (discard core)
4 cups water

Place all ingredients in pan, boil about 50 minutes. Test for jelling. Bottle while still hot. Jam is yellow with delicious flavour.

BLACKBERRY JAM

6 lb blackberries
Juice 2 large lemons
6 lb sugar

Wash blackberries, place in preserving pan and cook over low heat until fruit is soft. add warmed sugar and strained lemon juice. Stir well until dissolved and boil rapidly until jam jells when tested.

TOMATO AND PASSIONFRUIT JAM

1 lb cooking apples
2 lb ripe tomatoes
9 passionfruit
2½ lb sugar

Skin and slice tomatoes, peel and chop apples into small pieces. Put into pan, cook gently until soft. Add warmed sugar, stir until dissolved. Boil rapidly 30 minutes. Add passionfruit pulp and boil until it jells when tested. Pour into warm sterilised jars and seal.

MATRIMONY JAM

2 lb apples
2 cups water
5½ lb sugar
1 lb plums
2 lb pears

Peel and core apples, stone plums. Place plum stones and apple peelings into pan with 2 cups water. Simmer 30 minutes then strain. While this is cooking peel and core pears. Cut apples and pears to have them ready. Place strained juice back into preserving pan with sugar. When it boils put in apples, pears and plums. Boil 30 minutes, pour into jars and cover.

TOMATO AND QUINCE JAM

2 lb quinces
5 lb sugar
3 lb ripe tomatoes

Peel and core quinces and put through mincer. Pour boiling water over tomatoes and remove skins. Place in preserving pan with sugar and boil 2½-3 hours. Pot in usual way.

DIABETIC LEMON BUTTER

Sweetener used is equivalent to ½ cup (16 tspns) sugar. Recipe can be made 1 month ahead. (Keep refrigerated).

125 g chopped butter
½ cup lemon juice
8 sachets (2 tspns) Equal sweetener
2 tspns grated lemon rind
3 lightly beaten eggs

Combine butter, rind, juice and eggs in large heat proof bowl, stir over simmering water until mixture thickens, remove from heat, stir in sweetener. Pour into hot sterilised jars, seal while hot, cool. Refrigerate until serving. Makes about 1½ cups. Not suitable to freeze. suitable to microwave.

LEMON BUTTER

250 g butter or marg
4 eggs
500 g sugar
Rind and juice 3 lemons

Grate rind of lemons into basin, add strained lemon juice, sugar and beaten eggs. Stand basin in saucepan with boiling water. Stir until thick, do not boil. Bottle in warm jars and seal.
OR cook in microwave on HIGH, stirring each minute until it thickens.

LEMON FILLING FOR PIES

2 cups water
Juice 2 lemons
1 tblspn custard powder
Walnut of butter
1 cup sugar
Rind 1 lemon
1 dstspn cornflour

Have cooked pie case ready, fairly deep, size 8" or 20 cm. Mix custard powder and cornflour with some of the water, add rest of ingredients and bring to boil. Cook until it thickens. Add walnut of butter and pour into prepared case. Takes a couple of hours to set.

PICCALILLI

6 lb mixed vegetables, eg cucumber, marrow, green beans, onions, cauliflower and green tomatoes.

2 pints white vinegar
½ oz turmeric
1 oz ground ginger
6 oz sugar
1 lb cooking salt
1 oz dry mustard
1½ oz flour

Prepare and cut vegetables into small pieces, spread in dish and sprinkle on cooking salt. Cover and leave 24 hours, then rinse thoroughly and drain. Warm almost 2 pints vinegar, having set aside 3-4 tblspns, stir in sugar, turmeric, mustard and ginger. add vegetables and simmer 15 minutes. Blend flour with reserve vinegar, add to pan and stir until boiling. Simmer 3 minutes, ladle into jars and seal.

PLUM SAUCE

3 kg plums
1½ kg sugar
1½ litres white vinegar
1 tblspn each salt, cloves, cinnamon, allspice, ground ginger

Place ingredients in large pan and boil gently about 3 hours. Strain through colander. Then bottle. This sauce tends to improve with age as the flavours mellow and integrate.

CHOKO CHUTNEY

4 large chokos
3 onions chopped
2 cups sugar
½ cup currants
¼ tspn cayenne pepper
3¾ cups malt vinegar
1 kg tomatoes, peeled and chopped
2 green apples, peeled and chopped
2/3 cup sultanas
1 tblspn salt
1 tspn whole cloves

Peel core and chop chokos, place in large saucepan with tomatoes, stir in remaining ingredients. Stir over low heat until sugar is dissolved. Bring to the boil then reduce heat and simmer uncovered for about 1¾ hours or until chutney is thick. Stir chutney occasionally towards end of cooking time as chutney may stick to base of pan. Pour into hot sterilised jars then seal jars when chutney is cold. Makes about 6 cups.

TOMATO SAUCE

12 lb ripe tomatoes
2 or 3 large onions
8 oz salt
1 oz white pepper
Juice 3 lemons
½ tspn ground cloves
3 lb apples
1 qt malt vinegar
3½ lb white sugar
1 saltspn cayenne pepper
1 oz ground ginger
½ tspn Allspice

Boil tomatoes, apples and onions to a pulp. Strain through colander. Add remaining ingredients, plus lemon skins, remove skins when sauce nearly done. Boil 2-3 hours and bottle. Can reduce quantities down to 6 lb or even 3 lb ripe tomatoes.

MANGO CHUTNEY

6 mangoes
2 oz preserved ginger
2 oz raisins
½ cup white sugar
½ cup white sugar
1 dstpsn salt
2 onions
4 oz dates
1 cup brown sugar
1½ cups white vinegar
1½ tspns mixed spice
½ tspn pepper

Peel and chop mangoes and onion, put in pan with chopped ginger, dates and raisins. Add all the other ingredients except white sugar. Bring to boil, stir frequently. Simmer slowly for 30 minutes, then add white sugar. Reduce heat and cook till thick. Bottle and seal.

CABBAGE RELISH

2 sugar loaf cabbages or equivalent
½ cup plain flour
4 onions
2 tblspns curry powder
3 cups brown vinegar
4 cups sugar
1 cup water
Salt to taste

Cut cabbage and onion finely, sprinkle with salt and stand overnight Next day wash and drain well. Add vinegar and water and simmer till tender (½ to 1 hour). Mix flour, sugar, curry powder with extra vinegar and add to cabbage. Boil 5 minutes, stirring well to prevent sticking. Bottle and seal

KIWI FRUIT CHUTNEY

12 kiwi fruit
1 lemon
1 tspn ground ginger
1 dstspn salt
1 large cup brown sugar
3 medium onions
2 oz preserved ginger
Small cup raisins
¼ tspn cayenne pepper
1½ cups white vinegar

Peel and quarter kiwi fruit. Cut onions in slices. Slice lemon. Cut raisins, chop ginger. Place all in large pot. Simmer to pulp - approx 1½ hours. Bottle and seal.

CHILLI RELISH

4 chillies
4 onions
1 cup white vinegar
Salt to taste
4 green apples
1 cup sugar
1 small tin crushed pineapple

Put chillies, apples and onions through mincer. Add other ingredients to pan and simmer till; thick. This is excellent with fish, pork or cold meat.

CONFECTIONERY

CARAMEL TOPPING

5 tblspns light brown sugar
2 tblspns butter
5 tblspns cream

Boil for 5 minutes, when cake is cool pour over

CARAMEL SAUCE (THE REAL ONE!)

250 ml cream
60 ml liquid glucose
Juice of 1 lemon
250 ml milk
1 kg brown sugar

Boil together until light brown. Add 60 gm butter and let stand until cool. Bottle and keep refrigerated.

RUM BALLS

1 pkt Marie biscuits
2 tblspns cocoa
2 tblspns syrup
4 tblspns rum
1 cup sugar
1 cup coconut
2 tblspns cherries

Mix all ingredients together. Roll into balls and roll in coconut or chocolate sprinkles.

CHOCOLATE GINGER BALLS

4 oz dark chocolate
1 cup icing sugar
2 oz preserved ginger
Chocolate sprinkles
2 oz butter or substitute
2 egg yolks
1 tspn rum

Melt chocolate over hot water. Cream butter and sugar until light and fluffy, add egg yolks. Gradually stir in melted chocolate. Add chopped ginger and rum, beat until mixture is firm. Refrigerate 1 hour. For tspnfulls of mixture into balls. Roll in chocolate sprinkles. Refrigerate until ready to serve. Makes about 20.

COCONUT ICE

1 lb sugar
5 oz glucose
½ cup water
4 oz coconut

Dissolve sugar and glucose in water and boil 7 minutes. Beat well. After cooling a few minutes till liquid starts to become opaque, quickly add coconut. Put half mixture in greased dish, colour remainder pink and press on top. Cut into squares.

PRINCESS DI'S FUDGE

55 g butter
4 tblspns water
500 g sugar
Tin condensed milk

Place sugar, butter , water in saucepan. Stir until dissolved. Add condensed milk, bring to boil. Simmer until brown. Remove from heat and beat well. Pour into trays. When cold cut into squares.

PARTY APRICOT BALLS

1½ cups chopped dried apricots
¾ cup condensed milk
2½ cups coconut

Mix together well, roll into balls then in extra coconut. Can freeze to keep or refrigerate in lidded glass jars.

POTATO COCONUT ICE

1 cup mashed potato
90 g melted copha
750 g icing sugar
360 g coconut

Push potato through fine sieve, stir in ingredients. Press half mixture into foil-lined 19 cm square cake tin. Colour remainder pink and press onto white layer. Refrigerate for a couple of hours before cutting.

PEANUT BRITTLE

2 cups sugar
2 tblspns white vinegar
2 tblspns water
½ cup peanuts

Place sugar, vinegar and water into heavy-based saucepan. (If sugar sticks to sides brush down with wet pastry brush). ***Do not stir unless absolutely necessary.*** Heat on low heat until sugar dissolves, turn up heat and boil rapidly about 8 minutes. Test by dropping a little into cold water, when ready toffee will crack. Remove from heat, add peanuts, mix quickly and put into well-greased shallow dish. After few minutes mark into squares.

HOME MADE ROCKY ROAD

300 g melted milk chocolate
90 g melted copha
½ cup coconut
90 g melted butter
1 cup unsalted roasted peanuts
2 x 100 g pkts pink, and 1 pkt white, chopped marshmallows

Cover 2 opposite sides and base of deep 19 cm square cake pan with foil, letting foil extend over sides. Place all ingredients in large bowl, gently mix until just combined. Spread mixture into prepared pan, refrigerate several hours or until set. Turn out, peel away foil, cur into squares.

HINTS

Spray Cleaner:

Mix together equal parts of ammonia, water, kerosene, methylated spirits. Keep in spray bottle. Great for cleaning mirrors, bench tops, fridges, vinyl etc. Keep a cloth soaked in mixture in a margarine container ready to wipe over surfaces.

****

A saucer of ammonia left overnight in a warm oven is great for removing grease next morning. After removing ammonia, warm oven and wipe out.

****

Bath towels should not be dried in sun as it makes them hard. Soften with a cupful of washing soda in warm water, and soften in rinsing water.

****

To keep your non-stick frypan as new do not put it in the washing up water. Instead, rinse it in very hot water after use and dry thoroughly.

****

To stop bananas from going brown, put them in a brown paper bag and keep in the vegetable crisper in the frig.

****

The same applies to all vegetables, they stay fresher.

****

When storing carrots in your Tupperware container, cut the tops off and they, also, will stay crisp.

****

Put an orange in very hot water for a minute or so and you will find it will peel a lot easier. It also brings out the juice.

****

Put a lemon in microwave on HIGH for 30 seconds before squeezing. Really makes the juice run.

****

Sweet scones will be light and fluffy if sugar is dissolved in the liquid used for mixing instead of adding it to flour.

****

Cakes or puddings made with ginger are improved in flavour and colour if cold coffee is used instead of milk for mixing.

****

After peeling bananas, hold them under tap and they will not brown when put in salad.

Older people speak of the younger generation as if they had nothing to do with it.

****

If you wish to grow thinner, diminish your dinner.

****

It's nice to be important but more important to be nice.

****

If burying a spare key in a jar in the garden use one with a plastic lid.

****

Caught without Aerogard? Don't worry, Take the peel from your orange and rub it over your skin and it will act as an insect repellent.

****

There are many uses to be made from the good old brown paper bag. Worried about buying new season's apricots when they look too green to ripen? Pop them in a paper bag and store in a cupboard and they will ripen to perfection.

****

Spray starch that never sticks. Dissolve 1 tspn starch in a little water, add 1½ cups boiling water, mixing quickly, then add ½ cup fabric softener. Put into spray bottle.

****

Nuts are very easy to shell after having been frozen for at least 24 hours.

****

Play Dough:

1 cup salt
2 cups plain flour
4 tspns cream of tartar
2 tblspns oil
2 cups water.

Cook 3 minutes in saucepan .

****

A few slices of lemon when cooking cabbage improves the flavour.

****

Add blackberry jam to fruit cake mixture to improve taste. 1 tblspn to 250 g mixture.

****

To rid cockroaches put beer in ice-cream container. They love it!

****

Lemon essence or vinegar will remove almost all glue from labels, price tags etc.

****

Place a plastic clothes basket in the boot of the car when shopping for groceries. You can then unload the shopping trolley straight into the basket. This way you do not need to use shopping bags.

Hot Potato:

How are you going to eat your potato tonight? Boiled, baked or fried? This might help you make up your mind. If you bake a potato in butter, oil or margarine, it will have three times the kilojoules of a boiled potato. If you cut it up and make deep-fried chips, it will have almost five times as many kilojoules.

Recycling jars? Labels and adhesive come off easier when treated with butter wrap or brushed with cooking oil and allowed to stand for a while before washing.

My Favourite Recipes